

he horrors of Spooky sights and ghoulish goings-on in our parks **SEE PAGES 18 & 19**



SSUE 985 11 - 17 NOVEMBER 2013



NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Safety upgrades for cycle superhighway

Announcement comes a day after death of Stepney man, 62



A floral tribute left near the spot where Brian Holt died on Tuesday

CYCLING campaigners and community representatives have welcomed news that at least part of the cycle superhighway from Bow to Aldgate is to be segregated from traffic.

The safety development was announced by the mayor of Wednesday, the day after a third cyclist using the blue cycle track was killed in the borough.

Brian Holt, 62, of Belgrave Street, Stepney, died at the scene of the accident involving a tipper lorry at about 4.40pm on November 5, on Mile End Road at the junction with Bancroft Road.

Mr Holt, who was employed by G4S, was a porter for Mile End Hospital for 40 years and was cycling home from work. He is the ninth person to lose their life in a cycling related-incident on the capital's roads this year.

A G₄S spokesman said: "We are deeply saddened by the tragic death of our colleague Brian.

"His loss has been a huge

BY JESSICA ODUBAYO shock to everyone who worked routes – including the section bewith him, and he will be very tween Aldgate and Bow. much missed."

> Mr Johnson launched the new section of cycle superhighway 2 (CS2) between Bow and Stratford on Wednesday. The two miles of new cycle pathway is almost entirely physically separated from traffic.

London Boris Johnson last plans for a major upgrade of existing cycle superhighway

French cyclist Philippine de Gerin-Ricard was killed at Aldgate in July while Brian Dorling died at Bow roundabout in October 2011. Both were hit by lorries.

Coroner Mary Cassell, who sat at their inquests last month, raised concerns that cyclists Mr Johnson also announced were lulled into a false sense of security by the blue "strips".

Continued on page 3





Elected mayor

The Young Mayor was elected for a two-year term in January 2013.



Representing borough's young people

The youth council represents young people in the borough and is a member of the British Youth Council and UK Youth Parliament. It meets once a month at the Town Hall and is open to the public.

News

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG. Tel: 7364 3179 Fax: 7364 4917 Email: eastendlife.news@towerhamlets.gov.uk



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Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

East End Life is printed on recycled paper - when you have finished with the newspaper, please recycle it.





(Above left) The under-13s football competition winners with Deputy Young Mayors Sonia Begum and Tanvir Raza, and Young Mayor Mahdi Alam; (above right) young people from A Team Arts

One Borough with many talented young people

BY RAJU MIAH

MORE than 300 young people headed down to Mile End Stadium for the Young Mayor's One Borough event on October 29.

Organised by members of the youth council, it was designed to promote local talent through a series of performances, sport activities and competitions.

Live performances on the day combined with a cultural bazaar created a vibrant atmosphere celebrating the diversity of the local young community.

The Young Mayor, Mahdi Alam, said: "The event was a success with lots of young people attending. A lot of hard work has gone in from a lot of people to make the event go well. Thank you to everyone



Muz, 19, and friends, including Deputy Young Mayor Sonia Begum, making music

had a great time."

who attended and I hope you all young people for young people. them responsibility to put on a "We have invested heavily in

Mayor Lutfur Rahman said: youth services to help young "The One Borough event is a people grow and develop, and unique project as it's created by projects like this work to give **uk.net**

great event."

For more information call 7364 4019 or visit www.amp.



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towerhamlets.gov.uk

Distributed by London

mariette@soundtalking.co.uk



Plan to make cycling safer

The cycle superhighway between Aldgate and Bow is to be improved, with parts of it being segregated from traffic in a similar way to the new section towards Stratford (pictured left).

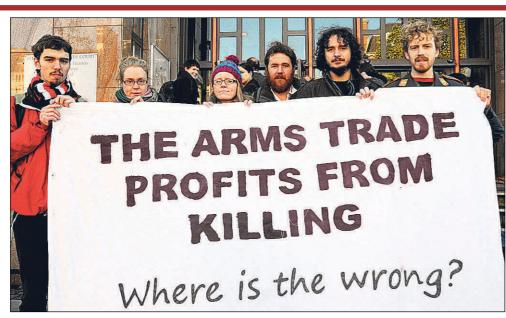
Trade at Christmas

Would you be interested in selling festive gifts and food at Christmas markets in Roman Road?

SEE BELOW

News

TWO Bethnal Green residents were among a group of campaigners against the arms trade who appeared at Thames Magistrates' Court on Monday, November 4. Melanie Strickland, 30, and 23-year-old Natalia Torres, both of Roberta Street, E2 pleaded not guilty to the charges of wilfully obstructing passage on the highway at Seagull Lane, Newham on September 8. A hearing has been set to take place at Stratford Magistrates' Court from February 26-28, 2014.



Arms trade protesters outside the court on Monday

Shop local Saturday

Council urges support for myriad of small businesses

SMALL businesses are at the heart of the Tower Hamlets economy and the council is taking part in the **Small Business Saturday national ini**tiative next month.

The event on December 7 celebrates the country's myriad of small businesses and encourages communities to support them at a key time in the shopping calendar.

More than half the jobs in the borough are in small or medium sized enterprises (SMEs) and a quarter are in businesses that employ fewer than 50 people.

Over the next four weeks, we will be profiling some of the borough's small $business\,success\,stories, starting\,this\,week$ with Chichi, a café which first opened in

BY MEHREEN HUSSAIN Roman Road in 2005 and now operates the café in the town hall.

> Supporting small businesses is a vital part of the council's work to help local communities benefit from the local economy.

> One way it support SMEs is through its own spending and helping local suppliers get access to its contracts. That means making sure that purchasing processes are transparent and providing training for

> Large contracts can be difficult for small businesses to bid for and where possible the council breaks down contracts so they are of a size that allows them to compete.

Chichi has benefited from this approach and manager Metin Esin said the process of bidding to run the town hall café was a challenging yet rewarding one.

The council made an effort to ensure local businesses and SMEs knew of the opportunity and what was involved.

Mr Esin said: "It's been a pleasure to see the town hall café thrive. The council were keen to ensure local businesses could bid and really helped make that possible.

"I think more councils should follow this approach to help their local businesses."

Mayor Lutfur Rahman said: "In 2011/12, 22 per cent of the council's expenditure was with local suppliers and we are aiming to increase this to 40 per cent by 2014/15."

Cllr Alibor Choudhury, cabinet member for resources, said: "Businesses such as Chichi are exactly the kind that we aim to support. Giving small business owners these opportunities means that more of the benefit goes to local communities."

News in brief Fire pensions strike

FIREFIGHTERS are holding a fourth strike in the dispute about their pensions this Wednesday, November 13 from 10am-2pm across England and

The Fire Brigades Union (FBU) is also holding a further ballot about other forms of industrial action, which closes on December 4.

Jumble sale

A JUMBLE sale to raise money for a pensioners Christmas party will be held in the church hall at St James the Less Church, St James Avenue, Bethnal Green, on Saturday, November 16.

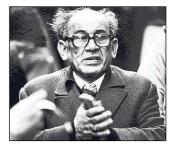
The event from 12.30-3pm will also feature a raffle and tombola.

Admission is 20p.

Memorial auction

PAINTINGS, hand-painted china and photographs are among items that will be auctioned and sold at a fundraising event in aid of the Stairway to Heaven Memorial Trust.

Comedian John Rvan will conduct the auction from 6-8pm on Thursday, November 14 at towerhamlets.gov.uk



One of the photos in the sale

Bethnal Green Library in Cambridge Heath Road.

Funds raised will go towards the completion of the memorial to commemorate those who died during the Bethnal Green Tube disaster in 1943.

Admission is free with advance viewing from 4pm.

For further information call 07722 162168 or 01474 702513, follow the trust on twitter @bethnalmemorial or visit its Facebook page bethnalgreen memorial

Stallholders wanted

THE council is seeking market traders or entrepreneurs who want to trade on Roman Road Market over Christmas selling festive gifts and food. If you would like to trade, contact Rozina Akram, Roman Road town centre manager on 7364 1955 or email Rozina.akram@



Continued from page 1

Mayor Lutfur Rahman welcomed the latest announcement and called on Mr Johnson to follow through on his commitment to make roads as safe as possible.

"I hope that the mayor of London acts quickly to upgrade the borough's cycling infrastructure to prevent any more tragedies involving cyclists," he said.

Members of the London Assembly have called for action to be taken swiftly.

John Biggs, Assembly member for east London, said: "This announcement is welcome and all cycle superhighways must be reviewed as swiftly as possible and segregated to avoid any further casualties or deaths."

The upgrade will feature full segregation and pioneering cycleseparated junctions installed on Whitechapel High Street. Transport for London is also considering installing full or semisegregated and cycle-separated junctions on the rest of the route.



info@metropolitanandcrown.com www.metropolitanandcrown.com



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(Entrance via Meeting House Alley)

www.wappingdentalcentre.com



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Open your heart...

These days, adoption is open to lots of people regardless of marital status, age or wealth.

Adopting can be scary but our friendly and supportive team will be there with you every step of the way.

To find out more, please come along to our information session which will be held on:

Thursday 14 November 2013 6.00pm - 8.00pm

Tower Hamlets Town Hall, Mulberry Place, 5 Clove Crescent London E14 2BG

0800 279 9850 www.fosteringandadoption.co.uk







www.towerhamlets.gov.uk/localforums









Ready for a trio of elections

There will be three elections in the borough next year – for the mayor of Tower Hamlets, local councillors and the European Parliament. For more information visit...

WWW.TOWERHAMLETS.GOV.UK/VOTE

Updating voter info

The annual canvass is a yearly audit of all properties in the borough used to update the register of electors.

News

MORE than 200 full-time posts are to be cut at Barts Health Trust in the run-up to Christmas.

The trust, which includes the Royal London in Whitechapel, Mile End Hospital and the London Chest Hospital, Bethnal Green, said that the job losses included 161 nursing and 59 management and clerical posts, as part of changes designed to improve efficiency and standardise staffing levels.

The Royal College of Nursing (RCN) said staff were "angry, distressed and demoralised" by the proposals. RCN London regional director Bernell Bussue said: "The cuts are being rushed through to save as much money as possible, and patients will be put at risk."

The trust said the changes would not compromise patients' safety under any circumstances.

Barts job cuts How could schools admissions be fairer?

BY MEHREEN HUSSAIN catchment areas

RESIDENTS are being numbers for schools asked for their views on school admissions for in-year admissions. 2015/16.

council commitment to ensure admissions arrangements are using the new catchment area fair and that as many families system, which also significantas possible gain a place at one of their preferred schools.

for which the council is seeking views:

the proposed admissions policies for community schools, including changes to

- the planned admission
- schemes to co-ordinate revised arrangements for nursery, reception, year 7 and

Last year 93 per cent of fam-The consultation is part of a lilies secured a place at one of their preferred primary schools ly reduced the number of children having to travel to a school There are three main areas more than two miles away.

> The council is now proposing changes to school catchment areas in line with the increasing pupil population and the school developments which have been

planned to meet this demand.

number of primary school catchment areas from seven to six, giving families in the north east of the borough more choice, as well as greater opportunity to access a nearby school.

Mayor Lutfur Rahman said: "I am committed to ensuring all families are able to access a place at one of their preferred local schools. The new proposals take into consideration recent developments and pupil numbers to ensure the admissions arrangements remain as fair as possible."

Cllr Oliur Rahman, cabinet The proposal reduces the member for children, schools and families, added: "We welcome the views of our residents on the new proposals to ensure they reflect the needs of the local community."

> For details about the new catchment areas and to read the full proposals visit the council's website at www.towerhamlets .gov.uk/schooladmissions or contact the pupil admissions team on 7364 5006.

> Residents can give their views via the online form on the website or by requesting a paper copy of the questionnaire.

News in brief Sign voter form

VOTER registration canvassers are continuing to visit homes until early December, to update the register of electors.

The annual canvass is a yearly audit of all properties in the borough to ensure the register is kept up to date.

Residents are being urged to check the details and sign their voter registration forms when a canvasser comes knocking.

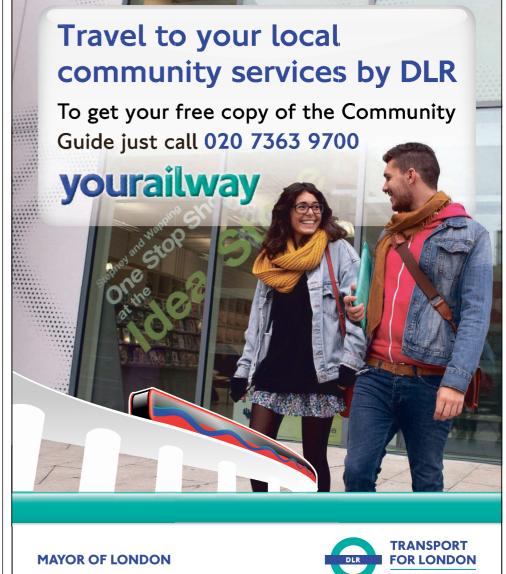
Tunnel night closure

RESTORATION work on the Greenwich foot tunnel has resumed this month with work due to be completed by the end of March 2014. The tunnel linking Island Gardens on the Isle of Dogs to the Cutty Sark is closing overnight between 8pm and 5am throughout November while work is carried out.



TOWER Hamlets speaker Cllr Lesley Pavitt and Cllr Peter Golds (pictured right) joined Deputy Lieutenant John Ludgate (above) selling poppies to shoppers and workers at Canary Wharf last Friday lunchtime, November 1. All money raised from the sale of the poppies goes to the Royal British Legion's work supporting the British armed forces, past and present, and their families. For more information go to www.britishlegion.org.uk





Voice your concerns

To book an appointment at the mayor's fortnightly surgeries at Idea Stores in Whitechapel and Chrisp Street call...



How to contact Mayor Rahman

The mayor's web pages can be viewed at **www.tower** hamlets.gov.uk/mayor or email him at mayor@tower hamlets.gov.uk or call 7364 4993.

News from the Mayor

A day to remember

AT this time of year, right across the country people of all backgrounds seek to commemorate those brave men and women who died in the line of duty.

In that spirit of remembrance, I announced last week that the council will be restoring every war memorial in the borough as part of the preparations for next year's 100th anniversary of the First World War.

The council will also be seeking to list its war memorials to ensure our heritage can be safeguarded for future generations.

One of the issues facing our families and neighbours is the challenge of poverty and economic opportunity. As a council we have demonstrated our level. More employers should commitment to easing the impact of the economic climate and changes in government policy through a range of schemes.

This has included supporting people in their homes and communities, funding schemes to but next week we will launch help residents access further and higher education, funding support for council tax benefit and helping young people into work.

As a council we have, by backing the London Living Wage



LUTFUR | MAYOR OF RAHMAN | TOWER HAMLETS

for many years, shown our commitment to ending poverty wages – a system where the state in effect subsidises the low wages paid by some employers. Last week saw a rise in the LLW and I have again said no council staff will be paid below this do the same.

Many of you have attended my surgeries and urged me to find funding for small projects and improvements in your area.

We cannot fund all of them, 17 local community ward forums, each with a budget of £10,000 for priorities in their area. I look forward to hearing about your ideas.

Mayor Lutfur Rahman

Decide how £10,000 is spent in your local area

BY IAN READ

RESIDENTS are being urged to attend meetings to help decide how to spend £10,000 to improve their communities.

The council is putting power in the hands of residents through new local community ward forums.

The first stage involved recruiting Mayor's Community Champion co-ordinators – local people who have volunteered to run the process in their wards. Each ward will have at least £10,000 to spend.

In total, 86 co-ordinators have signed up to cover the 17 wards, although the council is stressing that they are only responsible for the forums – other local issues should be directed through councillors as usual

The co-ordinators will now be



Mayor Lutfur Rahman with community champions last year

running introductory public said: "Nobody is more knowmeetings – one for each ward – during December, at which each community will decide its priorities for spending the money.

Encouraging as many people as possible to attend these first

ledgeable about a community than the people living there, so it makes perfect sense to put them in charge of deciding how to improve it.

"Perhaps you would like more meetings, Mayor Lutfur Rahman play equipment, a community

event, more litter bins, a community garden?

"Whatever your ideas, come along to the first meeting and make them heard

"You as a community own these forums. I would urge as many people as possible to be a part of shaping your area's future'

The forums will replace the eight Local Area Partnership steering groups.

The scheme builds on the success last year of the Mayor's Community Champions during the Olympics, when a core of Tower Hamlets volunteers helped welcome visitors to the borough.

This followed on from the 2009 and 2010 You Decide campaigns.

For more information visit www.towerhamlets.gov. uk/localforums

LUTFUR | MAYOR OF RAHMAN | TOWER HAMLETS My diary Christmas Bazaar Friday, November 8 Saturday 23 November 12 noon to 3pm St Paul's Church, Bow Common

corner of Burdett Road and St Paul's Way, London E3. Great stalls for gifts, nearly new, cakes and Fair Trade. Plus Santa's grotto,

tombola, prize draw, etc Plenty of fun and games for the kids, and refreshments too!

Entry is only 50p.

On Friday morning I attended a meeting with council leaders, mayors and the Met Police Commissioner at New Scotland Yard to talk about community safety, crime and policing concerns. Later I visited Stebon Primary School in Mile End for a poppy planting ceremony

and in the evening joined young people to celebrate the end of Youth Work Week at the ecology pavilion in Mile End Park.

Sunday, November 10

I was planning to join the Remembrance Day ceremony at the Merchant Navy memorial in Tower Hill to commemorate the brave men and women who have given their lives for this country. I feel it is important that we make sure that our war memorials are maintained in

a fitting way to honour their sacrifice.

Monday, November 11

I will be attending the launch of the council's new contact centre service. We are committed to the on-going provision of excellent resident services.

Wednesday, November 13

I will be attending the re-opening of $% \left\{ \mathbf{r}^{\prime}\right\} =\mathbf{r}^{\prime}$ Whitechapel Citizens Advice Bureau, which provides vital support to residents.

Nominate volunteers' projects

THIRD sector organisations are or initiatives nominated took place after invited to put forward nominations for the council's annual awards for voluntary groups.

The Mayor's Third Sector Excellence Awards are designed to recognise the contributions made by different organisations in areas such as housing, arts, social care, health and community cohesion.

All third sector organisations based in, and delivering services in, the borough are welcome to apply as long as the projects

April 2012.

They should also have received either mainstream grant or European Social Fund community grant funding.

The awards will honour organisations which have demonstrated significant achievements and impacts on the community.

The judges will look for innovative projects and approaches which demonstrate value for money and sustainability.

Cllr Alibor Choudhury, cabinet member for resources, said: "Third sector organisations are an important part of our community and deliver a number of excellent services.

"We are keen to celebrate their contributions and welcome any qualifying organisations to put themselves forward."

A nomination form can be found on the council's website at www.towerhamlets.

For more information email thirdsector@ towerhamlets.gov.uk or call 7364 4639.

11 - 17 NOVEMBER 2013







A growing problem nationwide

Type 2 diabetes usually affects people over 40. However, increasingly younger people are affected, particularly those of South Asian, African-Caribbean or Middle Eastern descent.

Pick up the phone

Residents aged 16 to 25 who are concerned about their own mental health, or that of a relative can call...

3487 1320

Raising awareness of diabetes

WORLD Diabetes Day this Thursday will focus on education and prevention as rates of diabetes across the UK are increasing.

Diabetes UK has reported a rise in rates in Tower Hamlets with more than 13,900 people thought to have the condition, up from 13,552 in 2012.

There are two kinds of diabetes. Type 1 diabetes can develop very quickly over the course of weeks or even days, particu-

BY ANNA WILSON larly in children and young

strongly linked to being overweight. It is the most common form of diabetes and in Tower people living with the condition.

Type 2 tends to develop more slowly, usually over a period of months or even years.

Symptoms common to both types include increased urination, increased thirst, tiredness. dry mouth and unexplained weight loss.

study relationships Sixth-form

doctor's advice if you are con-Type 2 is preventable and cerned that you are suffering from these symptoms.

Living healthily is key.

Dr Somen Banerjee, director Hamlets affects 95 per cent of of Public Health Tower Hamlets, said: "Eating a balanced diet and regular exercise can help prevent the onset of type 2 diabetes and prevent complications if you of the risks." are living with diabetes."

the symptoms of diabetes is essential. If not well managed, both types of diabetes can lead

It is important to seek your to serious complications such as blindness. lower limb amputation, kidney failure, heart disease and stroke.

> Cllr Abdul Asad, cabinet member for health and wellbeing, said: "As elsewhere, levels of diabetes in Tower Hamlets are increasing.

> "It is important to take control of your health and be aware

Residents aged between 40 Knowing and recognising and 74 can access free NHS health checks from their local GP to check their risk of diabetes and receive advice and treatment,

if required, to keep healthy. ■ Barts Health NHS Trust is hosting an event to provide information on risk factors, prevention, education, management and support services.

Open to all, a specialist team and community organisations will be on hand.

Drop by on Thursday, November 14 from 10am-4pm at Mile End Hospital Education Centre Burdett House E1.

For more information visit www.bartshealth.nhs.uk/ events or call 8223 8744.

News in brief Schizophrenia Awareness Week

MENTAL health charity Rethink is asking people to 'stand up to schizophrenia'.

As part of Schizophrenia Awareness Week, the charity is asking people to sign up and take a stand towards improving the lives of those with the condition.

Symptoms include hallucinations and having unusual beliefs that are not based upon reality. Early treatment is vital.

Anyone with concerns about their own or a family member's mental health, should speak to their GP who can refer them to an appropriate service.

Local mental health charity Mind offers advice and support go to **www.mithn.org.uk**

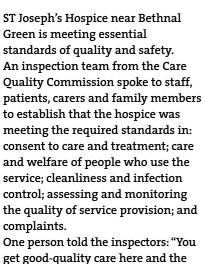
For more information on symptoms of schizophrenia visit NHS Choices at www.nhs.uk

Advice on alcohol

A RANGE of events are being held in Alcohol Awareness Week.

They include, on Monday, November 18, interactive displays to raise alcohol awareness and signposting to support, targeted at people aged 13-25. They will be at Meath Gardens, 4.30-6pm; Redcoat Youth Centre, 6-7.30pm, Linc Senior Youth Provision, 7.30-9pm.

Details of all events can be found by visiting www.tower hamlets.gov.uk. or by calling 7364 4935.



get good-quality care here and the staff want to really get to know you." Michael Kerin, chief executive of St Joseph's, said the report was a tribute to the staff and volunteers. Hospice ward manager Debbie Pegram is pictured with respite care patient Sylvia.



RAINE'S FOUNDATION SCHOOL Sixth Form Open Evening

5pm-7.30pm, 14th November 2013

'Your future begins here'

45% of A-level examination grades were A*-B 98% of A-level examinations grades were A*-E website: www.rainesfoundation.org.uk

For your information

Parking to pest control,

TURN TO PAGES 14 & 15



Seasons to be jolly

Autumn and winter are great for nature lovers. Here in Tower Hamlets you can see the berries and seeds of many plants, and as the trees lose their leaves you can enjoy their shapes.

Useful information

A perfect time to get outdoors

Tower Hamlets Cemetery Park

AUTUMN so far has been very wet and mild, which is great for fungi. Fungus enthusiasts all over the UK have been saying that they've not been able to remember another year like this one.

The wet weather didn't put off the 25 visitors who took part in our annual fungus forav on October 20.

we recorded our first fly agaric, found small ink caps, a bleeding rosette, ugly milk caps and the very edible veiled oyster mushroom (which were all promptly harvested for eating at home). We also saw the stunning Earth Star, a kind of puff

I love autumn and Tower Hamlets Cemetery Park, as the only woodland park in the borough, is in my opinion the perfect place to enjoy the change of seasons and marvel at the change of leaf colour as the trees prepare to go dormant for the winter – an adaptation unique to deciduous trees.

Autumn itself can be thought of as a second spring where each change in leave colour could be considered a flower.

William Cullen Bryant, an American romantic poet, journalist, and long-time editor of the New York Evening Post, tre constantly busy with local wrote "autumn... the year's last, loveliest smile".

Autumn offers a range of wildlife treats; leaves changing colour, explosions of fungi, collecting conkers, jumping in puddles, kicking up leaves or listening to birds singing from the tops of trees, but most of all, it's about having fun!

Our wildlife club called Bow Beasties for the under-14s is held on the third Saturday of every month from 10.30am-12.30pm. The next session will be November 16 when we plan E3 4PX.

to plant bulbs and use mud to paint totem designs on our

You may think autumn and winter are less interesting for spotting wildlife – you couldn't be more wrong!

Here in Tower Hamlets you can expect to see the berries and seeds of many plants and as they lose their leaves, you can enjoy the shapes of trees against an uninterrupted skyline.

Don't forget all the birds that choose to stay with us for the winter, migrant birds such as waxwings and swans arriving, The event didn't disappoint, or watching starlings, their aerial acrobatics make for a spectacular sight.

> Hedgehogs, like many mammal species in the UK, hibernate for the winter.

> They can still be seen in Tower Hamlets and, if you have a garden or a quiet area on your estate, you could build a hedgehog home. The RSBP and their 'Give nature a home campaign' have lots of good tips at homes.rspb.org.uk

Join us in celebrating winter at 2pm on December 15 for our annual Winter Wonder Walk We offer both alcoholic and non-alcoholic mulled wines along with festive treats. The walk is free.

A lot happens in the park. Activities include guided walks, monument recording and historical research, and conservation volunteering.

There's also an education censchool groups learning about the natural environment.

There are many ways to find out what's going on, and to get

If you'd like to visit our website www.fothcp.org, find us on our social networks via Facebook and Twitter – search for us by typing FoTHCP.

There's usually someone here between 9am-4pm weekdays so drop in and visit us at The Soanes Centre, Tower Hamlets Cemetery Park, Southern Grove

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm. Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm. Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-

Chapel, 139 Cannon Street:

10pm, Sat 7.30am-10pm, Sun

Mon-Fri 9am-8pm, Sat 9am-6pm.

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat gam-6pm, bank holidays 11am-2pm.

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm. Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays. Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-

Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm. Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor).

To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

Family Information

The Family Information Service provides information for people from birth to age 19 (or 25 for those with additional needs) including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14. fis@towerhamlets.gov.uk

Support Group

Last Thurs of each month, 8pm. 31 Ridgdale Street, E3. 8981 1159

special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9:30am-1pm. 7364 6489

LinkAge Plus

in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial

www.toynbeehall.org.uk

Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

Account 3

1-9 Birkbeck Street, E2. 7739 7720 www.account3.org.uk

Movement

7488 1831/2

Bromley by Bow Centre

St Leonard's Street, E3. 8709 9737 www.bbbc.org.uk

Citizens Advice Bureau (CAB)

32 Greatorex Street, E1. 7247 1050 www.adviceguide.org.uk

Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14. 7987 9379 www.island-advice.org.uk

Legal Advice Centre

University House, 104 Roman Road, E2. 8980 4205 www.legaladvicecentre.org.uk

Limehouse Project Cheadle Hall, Cheadle House,

Copenhagen Place, E14. 7538 0075 www.limehouseproject.org.uk

Praxis (New Residents Service)

Pott Street, E2. 7729 7985 www.praxis.org.uk

Tower Hamlets Law Centre

(specialist advice by appointment and evening legal advice sessions). 214 Whitechapel Road, E1. 7247 8998 www.thlc.co.uk

Debt advice Toynbee Hall Advice Service

28 Commercial Street, E1. 7392 2953 advice@tovnbeehall.org.uk www.toynbeehall.org.uk

Fair Money Advice

530 Commercial Road, E1. www.fairfinance.org.uk

Island Advice Centre

Island House, Roserton Street Isle of Dogs, E14. 7987 9379 www.island-advice.org.uk

National Debt line

0808 808 4000 www.nationaldebtline.co.uk

Step Change Debt Charity

0800 138 111 www.stepchange.org

Service (FIS)

Tower Hamlets Home Birth

Parents Advice Centre (PAC)

Offers impartial advice around

Toynbee Hall is one of five network centres that coordinates services and activities provided.

Mon-Fri from 9am-5pm, drop-

Bangladesh Youth 21-23 Henriques St, E1.



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@tower hamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name	
1 4 1 1	
Address	
Issue no.	Page no.



Keeping the borough clean

Refuse and recycling is collected on the same day each week with the exception of Christmas, New Year and bank holidays when it is generally collected a day later.

Find it, Fix it, Love it

Download the app for free at the Apple App Store or via Google Play – search for FiFiLi. For more information visit

WWW.TOWERHAMLETS.GOV.UK/CLEAN

Cleaner, safer, greener

homelessness charity erstreet activity – can be target-Thames Reach have teamed up with Tower Hamlets enforcement officers (THEOs) to run joint a more assertive approach patrols aimed at reducing anti-social behaviour.

Thames Reach's street outreach response team (SORT) tackles rough sleeping and associated issues such as street drinking and begging.

the THEOs and Thames Reach enables both teams to share information and ensures an approach which combines both support and enforcement measures for some of the borough's most persistent offenders.

The joint patrols mean that individuals and 'hotspots' problem because of significant org.uk or 0300 500 0914.

ed more effectively by Thames Reach's support workers.

The presence of THEOs allows which steers people towards accepting support, while skilled outreach staff can help homeless people to find emergency accommodation or reconnect with their own communities.

Deputy Mayor Cllr Ohid Partnership working between Ahmed said: "Working with Thames Reach enables THEOs to use a mix of enforcement and support to help get people off the streets and into a better place, which in turn reduces antisocial behaviour and improves quality of life for residents."

Members of the public can refer rough sleepers through areas identified as having a Streetlink on www.streetlink.

THEO support for homeless of rough sleeping and oth-levels of roug

BY SARAH MCLAUGHLIN

LATEST figures show the council made more than two million weekly refuse and recycling collections in just six months.

From April to September this year, 2.27 million collections took place, of which more than 99.83 per cent were successfully completed.

Jamie Blake, head of public realm, who runs the refuse collection contracts, said: "The size of the logistical challenge undertaken on a daily basis by councils across the UK is often overlooked. By the end of the year Tower Hamlets will have made over four million waste and recycling collections in what is a vibrant, urban envi-

ronment where crews have to deal with poor parking, building works and deliveries.

"However, it is recognised that a very small percentage of collections around the borough do occasionally get missed and

with its contractor and with registered social landlords and managing agents of private developments to ensure the refuse and recycling service is as effective as possible in these areas."

The council is now publicisthe council is working hard ingrecords of reported missed

Tips for efficient waste collection

- recycle and reduce as much waste as possible
- place waste out for collection only on the scheduled day of collection
- bag the waste and make sure waste sacks are tied up
- ensure refuse stored in sacks, wheeled bins or dustbins is properly presented for collection
- if a dustbin or wheelie bin is used it must be stored on the owner's property (not the street), and ensure the collection crews can move it to the collection vehicle
- park responsibly
- report missed collections by calling 7364 5004 or sending a message via the new Find it, Fix it, Love it app (free at the Apple App Store or via Google Play – search for FiFiLi).

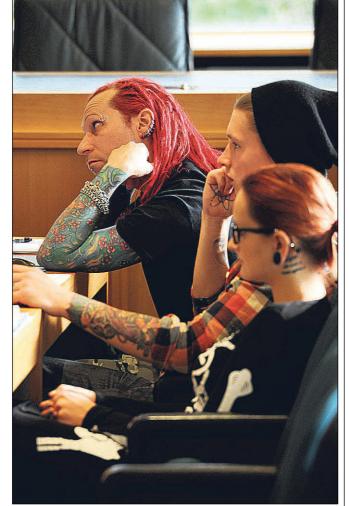
collections on its website with information about how to report them – visit www.tower hamlets.gov.uk/recycling

Mayor Lutfur Rahman said: "The very high success rate of our collection figures are pleasing given the challenging environment of inner London characterised by narrow, busy streets, high density housing and major development work."

Cllr Shahed Ali, cabinet member for environment, added: "Whilst 99.83 per cent of collections being made first time is an excellent figure, more work can always be done to improve this. The council continually monitors collections and works in partnership with its contractors to address any issues that do arise."

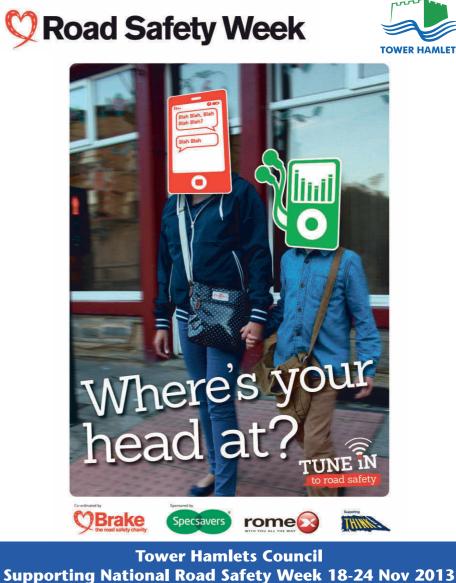
TATTOO artists, body piercers and nail technicians attended a health and safety awareness day (right), organised by the council following the publication of new guidance for the industry.

A draft tattooing and body piercing guidance toolkit has been developed to promote standardised and improved procedures by practitioners. At present there are no national standards for tattooing and piercing. The cost of a beauty treatment gone wrong can have serious health effects. Improper and unhygienic practice may result in localised skin infections at the site of the tattoo or piercing. There is also the risk of transmission of blood-borne viruses - for example, hepatitis B, hepatitis C, hepatitis D or HIV, which can have more serious and long-term health consequences. People attending the awareness day on October 30 were given advice from the council's commercial health and safety team and Public Health England staff on working within the new



guidelines. They also raised awareness, promoted infection prevention and control practice, and basic health and safety to improve towerhamlets.gov.uk

standards in the industry. For more information on the toolkit and other advice email healthandsafety@



www.towerhamlets.gov.uk





Sixth Form Open Evening

Thursday 21 November 4.30 - 7.00 pm

Comprehensive Range of A-level Courses

Academic Learning - Personalised Support at London's first Faraday Science School



Results 2013:



Over 60% to top universities

The University Sixth Form in the Heart of East London

St Paul's Way, London E3 4FT Tel: 020 7987 1883 Email: sixth@spwt.net Visit and find out more about St. Paul's Way 6

WWW.SPWt.net











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FORM

EAST



Remember, remember...

Bonfire Night is held each year to mark the failed Gunpowder Plot by Guy Fawkes and other conspirators to blow up the House the name he adopted while fighting of Lords and assassinate King James I on November 5, 1605.

Did you know...

Guy Fawkes was also known as Guido, for the Spanish in the Low Countries.

Ignite the light and let it shine

THE council's annual firework display lit up the sky over Bethnal Green last Sunday.

Around 16,000 residents of all ages went along to Weavers Fields for the display to enjoy the burst of colours complemented by spectacular flames and vibrant soundtracks

A playlist of superhero theme tunes captivated the crowd as the sky was filled with colourful sparks.

Among those near the front of the crowds was eight-year-old Sam Evans, attending the fireworks for the first Cllr Rania Khan, told East End Life: "The time with his family.

much I just didn't want it to end be-sands. We have received some fantastic cause it was so fun! I didn't know what feedback and I'm glad residents had to expect but it was so nice to see all a good time." the different fireworks and the music was the best," he said.



16,000 were captivated by the Weavers Fields display. (Right and below) The spectacular was accompanied by a vibrant soundtrack

Council cabinet member for culture, display provided a magnificent audio-"It was brilliant! I enjoyed it so visual treat which was enjoyed by thou-

For more information visit www. towerhamlets.gov.uk







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Quality Affordable Childcare

Limehouse Day Nursery has been providing quality affordable childcare in Docklands for over 28 years.

Our nursery provides childcare for babies aged 3 months old and above. We understand the importance of knowing that your child is provided with stimulation and fun, in a safe caring environment, in which they thrive and develop their own individual personalities.

Please do come and see for yourself.

3 months to 2 years £1,000 per month 2 to 4 years £780 per month, if eligible for 15 hours of free childcare

For further details

call 020 7538 3355 or email:

limehousearches@btinternet.com www.limehousedaynursery.co.uk

Limehouse Childcare Ltd delivering Quality Affordable Childcare to the local community for over 28 years



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IN A PROFESSIONAL CAREER



Our degrees are designed for successful careers in teaching, business, social work, the health sector and many other professions.









Mildmay's women warriors

Helen Taylor-Thompson (left) fought relentlessly to save the hospital, battling bureaucracy and government, negotiating leases and generally refusing to take 'no' for an answer.

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

WWW.EASTLONDONHISTORY.COM

History

A new mission for the Mildmay

BY IOHN RENNIE

FROM the windows of their current home in Shoreditch, the staff of the Mildmay hospital watch their new building growing upon the foundations of the original Victorian infirmary.

The old clock from the building is already in place, though stuck at 12 o'clock for now. For the next few months at least, time is standing still for the Mildmay, though the work never stops.

Here, tucked between the latterday hipster enclaves of Brick Lane and Shoreditch High Street, is a surviving slice of the Victorian philanthropic spirit... an institution that a century and a half ago was fired by one woman's vision and energy. Thirty years ago, it was saved by another redoubtable woman. But for the dedicated staff at the Mildmay, the present is rather more important.

From a hospital doomed by the NHS for being too small to survive has emerged a unique facility for those with HIV: the only centre in Europe dedicated to rehabilitation for people with a complex HIV condition called HAND – HIV associated neurocognitive disorder.

HAND happens when HIV enters the brain, causing symptoms similar to severe dementia, and patients arrive at the Mildmay often unable to care for themselves or even speak. Specialised care and rehabilitation is now Mildmay's area of expertise. And more than half of the Mildmay's patients return home to independent living.

The complex history of Mildmay begins with the Rev William Pennefather, born in 1816 in Dublin, a deacon and then priest in the Church of Ireland. The tone for Pennefather's ministry was set early on, as he worked tirelessly during the Great Famine of 1845, helping his Drogheda parishioners (and others) irrespective of their creed.

For Pennefather and his wife Catherine, an equal partner in his ministry, the Church wasn't about cloistered worship but for reaching out and helping the sick. A few years later the 'social gospel' movement would sweep through the Church, and in the universities of England, young men would be encouraged to man 'missions' to the East End of London, helping the less fortunate.

And when Pennefather moved to England, and joined the Anglican Church, he was conspicuous for seeking out the trickier parishes, eventually settling on the (then poor) area of Islington, and St Jude's in Mildmay Park. In his previous parishes in Ayles-





bury and Barnet he had left new schools, work among the orphans... and always an active and ever-growing congregation.

The same happened in Islington, where the congregation now numbered 1,000 and risk of contracting cholera themselves, but the parish was carrying out missionary work both in London and abroad.

Then, on April 30, 1873, disaster... as Pennefather died suddenly. But already his legacy was in place and it was born from the Pennefathers' determined overthrowing of Church orthodoxy. While women had an active role in the early Christian Church, the male hierarchy had steadily frozen them out over the previous centuries.

But the movement to ordain deaconesses gained momentum in the latter half of the 19th century. Typically they wouldn't have the powers of a priest, but would be engaged in mission work, often as nurses. In 1866, cholera hit the East End once again, and two the new National Health Service in 1948.

of the deaconesses from the Pennefathers' Mildmay Institutions volunteered to go into Shoreditch to help.

The risks were twofold – there was the these were also streets in London's worst slums. The women were going into the $\mbox{\rm Old}$ Nichol, a rookery so notorious that even the police feared to enter, which would be cleared 30 years later for the Boundary Estate.

The work of the deaconesses developed and expanded, and within a few years the first Mission Hospital was established in a disused warehouse near Shoreditch Church, in the marvellously named Cabbage Street.

It had 27 beds in three wards, one doctor, three nurses and five deaconesses in training. In 1892, Mildmay Mission Hospital opened, eventually becoming a part of



SEE BELOW

(Above) A Victorian nurse at the Mildmay

(Left) The Mildmay hospital before demolition began

(Left) Diana. Princess of Wales, was a frequent visitor to the Mildmay. Media images of her embracing AIDS sufferers did much to soften attitudes.

It was, as Helen Taylor-Thompson who would save the Mildmay in the early 80s - described it: "A little general hospital, much loved, with just a few wards and an A&E."

Just the sort of hospital we all used to know and love in fact, but the NHS decided that, with fewer than 200 beds, it was too small to survive. And in 1982, under the ruthlessly pragmatic Margaret Thatcher, the order came to close the Mildmay.

Taylor-Thompson fought relentlessly to save the hospital, liberating £365,000 of 'free money' which had been put in trust when the hospital had been taken over by the NHS in 1948, battling bureaucracy and government, negotiating leases and generally refusing to take 'no' for an answer. But perhaps her greatest triumph was finding a new mission for the Mildmay. It would become a specialist hospital for HIV/AIDS patients.

It's hard to imagine now, but in the fearful days of the early 80s, those with the disease were considered untouchable by many. Bricks were thrown through the windows, while some gay groups advised sufferers to stay away from the 'bible bashers'. One local barbers even refused to cut the hair of staff at the hospital.

Media images of Diana, Princess of Wales visiting and embracing AIDS sufferers did much to soften attitudes and she was a frequent visitor to the Mildmay.

And so the hospital grew again, developing from a general HIV/AIDS unit into its present, specialist role. And so too the new hospital, rising phoenix-like from the rubble of the old. It's due to open in early 2014.

Everything must change and move on of course, but there is a beautiful circularity in the way the Mildmay now works. Adapting, surviving and still working with those that many would at one time have crossed the street to avoid.

And still a mission hospital. From its Shoreditch base, the Mildmay now supports more than 70,000 people living with HIV in sub-Saharan Africa, as well as welcoming medical students to train in comprehensive health and HIV care. The Pennefathers might be surprised at what their vision has become... but proud.

Time-lapse video of demolition of the Mildmay http://youtu.be/iG_PBjTW2xg

Spitalfields Life interview with Helen Taylor-Thompson http://spitalfields life.com/2013/04/15/helen-taylorthompson-the-mildmay-hospital/

13

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.tower hamlets. gov.uk/data/ your-council/data/forwardplan/forward-plan.cfm

towerhamlets.gov.uk

Meetings Monday, November 11 7.30pm: Human resources

committee

Business includes a report on new starters at the council. Details from 7364 4207 or email evelyn.akoto@tower hamlets.gov.uk

Tuesday, November 12

6.30pm: Licensing subcommittee

Business includes an application for new premises licence for Morrisons, 19 Leman Street, E1. For information call 7364 4120 or email simmi.yesmin@ towerhamlets.gov.uk

Thursday, November 14

7pm: Development committee More information on 7364 4877 or email zoe.folley@

Tower Hamlets

online

7.30pm: Pensions committee Call 7364 4881 or email

antonella.burgio@tower hamlets.gov.uk

Tuesday, November 19

6.30pm: Health scrutiny panel Details on 7364 0842 or email alan.ingram@towerhamlets.

Thursday, November 21

7pm: Strategic development committee

Contact Zoe Folley (details left).

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except Cabinet.

 report a missed rubbish collection

• make a doorstep recycling

387 Cable Street - nonmaterial amendment following grant of planning permission ref. PA/03/00811, dated 11.1.05. Original proposal: demolition of two singlestorey ancillary buildings and erection of 4-storey building in Hardinge Street; change of use and erection of third floor on existing 2-storey public house (the Ship PH in Cable Street) to create nine flats. Amendment sought: introduction of opening sections and clear glass to fenestration, additional window in front elevation.

13-17 Chance Street -

additional storey above second floor level. The staircases at the rear to be extended up and enclosed with a glazed sloping roof.

89 Dunbridge Street -

application for prior approval for the change of use from office on lower ground floor to 1-bed self-contained residential apartment.

Neptune Wharf site comprising land bounded to the north by Hertford Union Canal: to the east by Roach Road, Roach Point footbridge, Omega Wharf; to the south by Wyke Road, Remus Road, Monier Road; and to the west **by Wansbeck Road –** for full description refer to revised development specification. Summary description: 'hybrid' planning application for comprehensive mixed use redevelopment of site known comprising: detailed element -

Planning application for full planning permission for phases/zones 1 & 2 to provide 14 buildings between two and nine storeys including development comprising: residential of 496 dwellings; non-residential floorspace comprising 5,394sq.m; provision of new site access points for pedestrians and vehicles with new internal access routes/streets and means of access and circulation; highway surface improvements and associated surface and underground parking for cars and cycles; new open spaces, including private amenity, communal amenity and public realm areas and associated landscaping works; site works, infrastructure and engineering works including demolition, excavation and re-grading of site levels. Outline element application for outline planning permission (with all matters reserved except access) for phases/zones 3 & 4. Land at 85, 105 & 115 Monier Road, bounded by Monier Road, Wyke Road & Roach

> **Road** – application for full planning permission for comprehensive mixed use redevelopment comprising: erection of three blocks, ranging from five to seven storeys above ground level with maximum parapet height of 30.06m to provide: ground floor comprising up to 1,384sqm of flexible nonresidential uses with entrance lobbies, cycle store (170 spaces), servicing and refuse areas, plant room and one Blue Badge parking bay; upper floors comprising 102 residential dwellings together

with provision of amenity areas at podium and roof level, public realm and landscaping to Roach Road and associated site works including excavation and re-grading of site levels including utility diversions, upgrades and new connections and other supporting infrastructure and engineering works. Application accompanied by an environmental statement.

Land to south of 52 Stainsby Road & to north of 88 Stainsby Road and at western end of Cotall Street -

application for non-material amendment following grant of planning permission ref. PA/12/2856, dated 28.3.13 for demolition of single storey temporary shower rooms south of 52 Stainsby Road and erection of two buildings of 5, 6 and 10 storeys, one on the corner of Stainsby Road/Cotall Street and the other on corner of Stainsby Road/Lindfield Street comprising 150 new residential dwellings, together with waterside centre and café of 794 sq m (including associated boat storage), cycle parking, private amenity space and other associated works Amendment is for variation to wording of condition relating to final code for sustainable homes certificates

This is not a definitive list of all current planning applications. For more details go to the council's website at www.towerhamlets.gov.uk and click on Planning & Building.

Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1. 7790 1344 www.lifeline.org.uk

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 www.lifeline.org.uk

For women aged over 18 c/o Hopetown Hostel. 60 Old Montague Street, E1. 7426 0399 www.compass-uk.org

Community Alcohol Team

Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200 www.rapt.org.uk

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081















Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

Did you get it?

Last week's photo was taken at V&A Museum of Childhood, Bethnal Green.

MY.TOWERHAMLETS.GOV.UK

Council information

Hotline numbers

Housing benefits - 7364 5001 Council tax - 7364 5002 Parking services - 7364 5003 Streetline - 7364 5004 Adult social care - 7364 5005 Children's services - 7364 5006 Pest and noise nuisance -7364 5007

Environmental health, trading standards & licensing -7364 5008

Planning & development -7364 5009

Business rates - 7364 5010 Recruitment line – 7364 5011 Electoral services - 7364 0872 Tower Hamlets Homes - 7364

Healthline - 7364 5016

Report it!

To report an incident, use these 24-hour freephone numbers: Non-emergency crimes – 101

Textphone - 18001 101 Hate crimes - 0800 138 0521

General enquiries

For other council enquiries call

Useful housing numbers

Housing repairs - 0800 376 1637 Tenancy support - 7364 5544 Housing advice (E14) - 7364 7507 Housing advice (E1, E2 or E3) -7364 3558

Homeless service - 7364 7474 **Choice-based lettings**

-7364 0244

Homeseekers - 0845 270 2400

Switchboard

If you know the name of the person or department you



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

need to contact, call the switchboard on 7364 5000.

Town Hall

Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG. 7364 5000

Other useful information

Safer Neighbourhood teams

SNTs operate in every ward in

Tower Hamlets, providing dedicated community policing that works to priorities set by the public through Local Area Partnerships (LAPs). To find out more about SNTs, contact your local team:

Bethnal Green North 8721 2851 Bethnal Green South 8721 2849 Blackwall & Cubitt Town

8721 2877

Bow East 8721 2807 Bow West 8649 3521 Bromley by Bow 8721 2041 East India & Lansbury 8721 2806 Limehouse 8721 2852

Mile End & Globe Town 8721 2853

Mile End East 8721 2848 Millwall 8721 2850 Shadwell 8649 3524 Spitalfields & Banglatown 8721 2042

St Dunstan's & Stepney Green 8721 2808

St Katharine's & Wapping 8721 2854

Weavers 8721 2043 Whitechapel 8649 3520

If a crime is in progress, there is an emergency or if

anyone is in immediate danger please dial 999.

24-hour domestic violence national helpline 0808 2000 247

Trading standards

Consumer Direct: 08454 040506

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict

Free service for council tenants and leaseholders. 7702 8305

Walk-in services

One Stop Shops

Bethnal Green - 1 Rushmead, off Bethnal Green Road, E2 Bow & North Poplar – John Onslow House, 1 Ewart Place, E3 South Poplar – 15 Market Square, Chrisp Street, E14 Stepney& Wapping -Idea Store Watney Market, 260 Commercial Road, E1. Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow - Gladstone Place, E3. Canary Wharf – Churchill Place, Canary Wharf, E14. Chrisp Street - Vesey Path, E14. Whitechapel – 321 Whitechapel Road, E1. 7364 4332 Watney Market -Commercial E1. 7364 4332 All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays -Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries Bethnal Green – Cambridge Heath Road, E2. 8980 3902 **Cubitt Town** – Strattondale Street, E14. 7987 3152 All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm. Local History Library and Archives - 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm. 7364 1290; email localhistory @towerhamlets.gov.uk







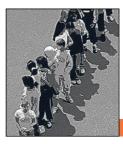






Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.



স্কুলে ভর্তির সংশোধিত ব্যবস্থার উপর অভিমত

টাওয়ার হ্যামলেটস্ কাউন্সিল ২০১৫/১৬ সালের জন্যে সংশোধিত ভর্তি ব্যবস্থার ওপর স্থানীয় বাসিন্দাদের কাছ থেকে অভিমত আহ্বান করেছে।বাসিন্দারা যাতে তাদের পছন্দমত স্কুলে তাদের সন্তানদের ভর্তি করতে পারেন, তা নিশ্চিত করতে একটি পক্ষপাতহীন ব্যবস্থা বা পদ্ধতি প্রণয়নের জন্যে কাউন্সিল আলোচনার উদ্যোগ গ্রহন করেছে।

PUPIL ADMISSIONS ARRANGEMENTS

Harmony

Munaasabadii Meeyarka dhallinyarada

Young Mayor's One Borough event - page 2

ILAA sedex boqol oo dhallinyaro ah, ayaa munaasibadii Meeyarka Dhallinyrada, u boqoolay garoonka Mile End, 29kii Oktoobar.

Munaasabadan oo uu soo qabanqaabiyeen xubnaha golaha dhallinyaradu, waxaa jaangooyey in dhallinyaradu ku muujiyaan kartidooda iyo hibaayoonkood siyaabo kala duwan, cayaaro iyo tartano. Riwaayad ayaa maalintii halka lagu daawaday ku salaysan dhaqamada kala duwan ee bulshada dhallinyarta ah.

Faahfaahin, wac adeega kawnsulka ee dhallinyarada iyo bulshada 7364 4019.

Shadiva, 9, with her family at the One Borough event



স্কুলে ভর্তির সংশোধিত ব্যবস্থার ওপর বাসিন্দাদের মতামত আহ্বান

Give your views on pupil admissions arrangements

টাওয়ার হ্যামলেটস কাউন্সিল ২০১৫/১৬ সালের জন্যে সংশোধিত ভর্তি ব্যবস্থার ওপর স্থানীয় বাসিন্দাদের কাছ থেকে অভিমত আহ্বান

বাসিন্দারা যাতে তাদের পছন্দমত স্কুলে তাদের সম্ভানদের ভর্তি করতে পারেন, তা নিশ্চিত করতে একটি পক্ষপাতহীন ব্যবস্থা বা পদ্ধতি প্রণয়নের জন্যে কাউন্সিল তার অঙ্গীকার অনুযায়ি আলোচনার উদ্যোগ গ্রহন করেছে।

প্রধাণত যে তিনটি বিষয়ে কাউন্সিল জনগণের অভিমত জানতে আগ্রহী, তার মধ্যে রয়েছে -টাওয়ার হ্যামলেটসের কমিউনিটি স্কুলগুলোর জন্যে প্রস্তাবিত ভর্তি নীতিমালা, এরমধ্যে বয়েছে ক্যাচমেন্ট এবিয়ার পরিবর্তন টাওয়ার হ্যামলেটসের স্কলগুলোর জন্য পরিকল্পিত ভর্তি সংখ্যা এবং নার্সাবি বিসেপশন ইয়াব সেভেন ও ইন-ইয়ার ভর্তির ক্ষেত্রে সমন্বয় রক্ষার প্রস্কাবিত স্কীম।

বাড়ির নিকটবর্তী স্কুলে আসন দেয়ার নীতি প্রবর্তনরে ফলে গত বছর ৯৩% ভাগ পরিবারের সন্তানরা তাদের পছন্দমত প্রাইমারি স্কুলে আসন পাওয়ার সুযোগ লাভ করে। এই নতুন ব্যবস্থা প্রবর্তনের ফলে ২ মাইল দুরে অবস্থিত স্কুলে যাওয়া পডয়ার সংখ্যা অনেকাংশে হাস পেয়েছে।

বর্ধিত ছাত্র সংখ্যার দিকে লক্ষ্য রেখে কাউন্সিল বাড়ী নিকটবর্তী স্কুলের ভর্তি হওয়ার নীতিতে পরিবর্তন আনতে যাচ্ছে ও চাহিদা পুরনের লক্ষ্যে স্কলের উনয়নও করতে যাচ্ছে। এই প্রস্তাবের ভিত্তিতে নিকটবর্তী স্কুলে ভর্তি হওয়ার নীতিম-ালায় স্কলের সংখ্যা সাত থেকে ছয়টি করা হবে। ফলে বারার উত্তর-পূর্ব দিকের বাসিন্দাদের বাড়ির নিকটবর্তী স্কলে ভর্তি হওয়ার সুযোগ বৃদ্ধি পাচ্ছে।

টাওয়ার হ্যামলেটসের নির্বাহী মেয়র লংফর বহুমান বলেন "পবিবাবগুলো যাতে তাদেব সন্তানদের পছন্দমত স্কলে ভর্তি করতে পারেন তা নিশ্চিত করতে আমরা কাজ করে যাচ্ছি। শিক্ষার্থীদের সংখ্যাও বেডেছে এবং স্কুলগুলোর উনুয়নও হয়েছে। এ দিকে লক্ষ্য রেখে একটি নিরপেক্ষ ভর্তি ব্যবস্থা প্রণয়নের উদ্যোগ আমরা

চিলড্রেন সার্ভিসেস বিষয়ক কেবিনেট মেম্বার, কাউন্সিলর ওলিউর রহমান বলেন, "নতুন প্রস্তাবের ব্যাপারে অভিমত রাখার জন্যে আমরা বাসিন্দাদের প্রতি আহ্বান জানাচ্ছি যাতে স্থানীয় বাসিন্দাদের চাহিদা এই নীতিতে প্রতিফলিত হয়।"

বাডির নিকটবর্তী স্কুল বা ক্যাচমেন্ট এরিয়া সম্পর্কে আরো বিস্তারিত জানার জন্যে www.towerhamlets.gov.uk/ schooladmissions বা পিউপুল এ্যাড-ি মুশ্নের এই ১১০৭ ৩৬৪ ৫০০৬ এই নম্বরে টেলিফোন করার জন্যে অনরোধ করা হয়েছে। বাবাব বাসিন্দাবা অনুলাইনে তাদের অভিমত

জানাতে পারবেন পিউপল এ্যাডমিশন থেকে প্রশপত্র সংগ্রহ করা যাবে।

Waano iyo warcelin ku saabsan kansarka afka

ka ayaad bishan Nofembar gudaheeda ku baraarujin doona doonta dadka kansarka afka, islamarkaana talo iyo taageero siin doona dadweynaha.

Kooxda caafimaadka dadweynaha ee Tower Hamlets, waxay dadka ku boorineysa in ay dadku u dhabagalaan astaamaha lagu garto xanuunkan, waxaanay ku dhiirigelineysaa in ay arkaan dhakhtarkooda, hadday dareeman xanuunkan.

Dadka qaba xanuunkan alkahoolka iyo nafaqa daraduna

KHUBARADA caafimaad- Mouth Cancer Action Month - 984

guud ahaan qaranka oo in ka badan 6,500 oo kees oo cusub, in la arko sannad walba, sobobtana in av u dhintaan ilaa 2000.

Marka hore loo ogaado, ayay wax ka qabashadiisuna fududahay. Halista ugu badan wuxuu ku hayaa dadka da'doodu ka weyn tahay 50 jir, inkasta badhitaano caafimaad oo la sameeyeyna muujinayaan in uu ku soo badanayo dhallinyarada.

Sigaarka ayaa ah, sobobta ugu weyn ee keenta, laakiin

tiradoodu kor bay u sii kacaysaa, oo waxyaabaha ka qaybqaata. Hay'da caafimaadka ilkaha,

waxay werineysaa in kooxa kala duwan uu halis ku hayo, oo ku soo badanayo si aan hore loo arag. Haweenka tartiib tartiib, ayuu ugu soo badanayaa, gaar ahaan dadyawga ka soo jeeda koonfurta Eyshiya oo loo tirinayo in ay ugu wacan tahay bu-

Haddii wax walaac qabto, dhakhtarkaaga ilkaha u tag, haddii rabto in lagaa taageero in aad joojiso wac 7882 8669 (haweenka), 7882 8660 (ragga).



Mayor Lutfur Rahman opens the Turin Street youth centre with councillors Abdal Asad,

বেথনাল গ্রীণে নতুন ইয়ূথ সেন্টার উদ্বোধন

New youth centre opens in Bethnal Green

টাওয়ার হ্যামলেটসের তরুণদের জন্য আরেক-টি নতুন কমিউনিটি সেন্টার আনুষ্ঠানিকভাবে উদ্বোধন করেছেন নির্বাহী মেয়র লৎফর রহমান।

বেথনাল গ্রীণের তুরিন স্ট্রিটে অবস্থিত একটি দ্বিতল ভবনকে প্রায় ১ লাখ পাউভ ব্যয় করে তরুণদের জন্য অত্যাধুনিক সুবিধাদি সম্বলিত ইয়থ সেন্টারে রূপান্তরিত করা হয়। দ্যা ফ্রন্ট লাইন নামের এই ইয়ুথ সেন্টারটি শনিবার, ২ নভেম্বর মেয়র ফিতা কেটে উদ্বোধন করেন।

বারার কিশোর তরুণ বয়সীদের জন্য সারা বছর নানা ধরনের সার্ভিস প্রদান করে যাচ্ছে

উঠতি বয়সীদের নিরাপদ পরিবেশে সময় কাটানোর সযোগ করে দিতে এবং বারায় কম বয়সীদের দ্বারা সংঘটিত অপরাধের মাত্রা কমিয়ে আনতে এই সেন্টার ভূমিকা রাখবে।

উদ্বোধনী অনুষ্ঠানে বক্তৃতাকালে নির্বাহী মেয়র লংফর রহমান বলেন, কিশোর তরুণ বয়সীদের জন্য নিরাপদ পরিবেশে পরস্পরের সাথে মেলামেশা, শিক্ষা এবং ইতিবাচক কর্ম-কান্ডে নিয়োজিত রাখার ক্ষেত্রে ইয়থ সেন্টারগুলো অত্যন্ত কার্যকর ভূমিকা পালন করে থাকে।

তিনি বলেন, ইয়ুথ সার্ভিসে আমরা বিপুল পরিমাণ অর্থ বিনিয়োগ করছি এবং উঠতি ব্যসীদের মেধা ও মননের যথায়থ বিকাশ নিশ্চিত করতে আরো সুযোগ সুবিধা প্রবর্তনের ব্যাপারে আমি নিবলস প্রচেষ্ঠা চালিয়ে যাচ্ছি।

অনুষ্ঠানে চিলড্রেন সার্ভিসেস্ বিষয়ক কেবি-নেট মেম্বার, কাউন্সিলর ওলিউর রহমান বলেন. আমাদের কিশোর তরুণ বয়সীদের জন্য বারায় আমরা যে অনবদ্য সার্ভিস প্রদান করে চলেছি তাতে আরেকটি অন্যতম সংযোজন হচ্ছে নতন এই সেন্টার।

Maalinta macaanka ee caalamiga ah

MAALINTA khamiista ee bisha Diabetes information day – page 7 Nofembar tahay 14 ee 2013, laga bilaabo saacadu markay tahay Waxbarashada. 10am ilaa 4pm, waxaa lagu qabanayaa, munaasabada xannuunka macaanka, cisbitaalka Mile End ee cinwaankiisu vahav

Haddaba waxaa dadweynaha la ogeysiinayaa in ay munaasabadan ka soo qaybgalaan oo ay wax ka ogaadaan xanu-Burdett House, Xarunta unka macaanka, halistiisa, ka

hortagiisa, maarayntiisa iyo sida loola noolaado iyo adeegyada ka taageeraya ee kuu diyaarka ah. La kulan kooxda xanuunkan u gaarka ah ee deegaankaaga. Wac 8223 8744.



ইয়ং মেয়র ওয়ান বারা ইভেন্ট অনুষ্ঠিত

টাওয়ার হ্যামলেটস বারার তরুন-তরুনীদের জন্যে বারার ইয়ঙ মেয়র মাহদি আলম এক বিশেষ অনুষ্ঠানের আয়োজন করেন এই অনুষ্ঠানে তরুন-তরুনীরা আনন্দ উচ্ছুল পরিবেশে অংশগ্রহন করেন। টাওয়ার হ্যামলেঠস বারার মধ্যে তারা একই স্রোতের ধারা বহমান রাখার জন্যে বিভিন্ন ধরনের কার্যক্রমে ও অংশ নেন।

ONE BOROUGH EVENT



Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG

7364 4944

Harmony

আপনার এলাকায় ১০ হাজার পাউন্ড কি ভাবে ব্যয় করবেন?

How would you spend £10,000 in your area – see page 6

উনুয়ন দেখতে চান, তা জানতে বারার প্রতিটি ওয়ার্ডে সভা অনুষ্ঠিত হবে।

এলাকার উন্নয়নে এলাকাবাসীর পছন্দ অনু-যায়ি প্রকল্পে এই অর্থ ব্যয়ের জন্যে নবগঠিত লকেল কমিউনিটি ওয়ার্ড ফোরামগুলোর মাধ্যমে কাউন্সিল বাসিন্দাদের কাছে অর্থ ব্যয়ের ক্ষমতা দিতে চায

প্রথম পর্যায়ে স্থানীয় কিছু বাসিন্দাকে ভলান্টিয়ার হিসাবে মেয়রের কমিউনিটি চ্যাম্পিয়ন কর্ডিনেটর পদে নিয়োগ দিয়ে কিছপ্রতিনিধি সংগ্রহ করা হবে। তারা এলাকার উনুয়নের জন্যে প্রদত্ত ১০ হাজার পাউন্ড বায়ের প্রক্রিয়ায় সহযোগিতা

১৭টি ওয়ার্ডের জন্যে ৮৬ জন কর্ডিনেটর হিসেবে দায়িতু পালনের জন্য ইতোমধ্যে নিয়োগ লাভ কবেছেন। কাউন্সিল এ ব্যাপাবে জোব দিয়েছে যে, কর্ডিনেটরবৃন্দ ফোরামের নিকট দায়বদ্ধ থাকবেন। আর অন্যান্য বিষয়সমহ যথার-ীতি ওয়ার্ড কাউন্সিলরবৃন্দের মাধ্যমে পরিচালিত

টাওয়ার হ্যামলেটসের বাসিন্দারা ১০ হাজার হবে। নব নিযক্ত কর্ডিনটেরবন্দ দায়িত নিয়েছেন পাউন্ড অনদানে তাদের এলাকায় কি ধরনের এবং তারা প্রতিটি ওয়ার্ডে একটি করে ১৭টি ওয়ার্ডের প্রাথমিক জনসভাগুলোর আয়োজন করার কাজও শুরু করতে যাচ্ছেন। ডিসেম্বর মাসব্যাপি অন্ষ্ঠেয় জনসভাগুলোর স্থান ও তারিখ ও সময় এই সংবাদের সাথে সংযুক্ত রয়েছে।

> নির্বাহী মেয়র লুৎফুর রহমান এসব প্রাথমিক জনসভায় যতবেশি সম্ভব বাসিন্দাদের অংশ গ্রহনের ব্যাপারে আহ্বান জানিয়েছেন।

> মেয়র বলেন, স্থানীয় বাসিন্দারা ছাডা তার নিজের এলাকার ব্যাপারে অন্য কারো পক্ষে বেশি জানা সম্ভব নয়। কাজেই এলাকার উনয়নের জন্যে

> সমাজের একজন হিসাবে এই ফোরাম আপনার। আমি চাই যতবেশি সম্ভব বাসিন্দারা এতে যোগ দিয়ে নিজ নিজ এলাকার উনয়ন করার

> মেয়ব বহুমান আবো বলেন "একটি শক্তিশালি সামাজিক গতি বারাকে মহান করে তলেছে। তাদের এলাকার কল্যানের জনের ৮৬জন

ধন্যবাদ জানাচ্ছি এবং নিজের এলাকার উন্য়নের জনে তাদেব ফোরামের মাধ্যমে চিলা-ভারনা জানার জন্যে অপেক্ষায় রয়েছি।

ওলিম্পিকের সময় মেয়র'স চ্যাম্পিয়নদের প্রশংসনীয় কাজের ফলশ্রুতিতে গত বছর এই স্কীম হাতে নেয়া হয়েছে। এ ব্যাপারে আরো বিস্তারিত জানার জন্যে - www.tower hamlets.gov.uk/localforums - এই ওয়েবসাইট ভিজিট করার জন্যে অনরে-

প্রথম পর্যায়ের সভাগুলোর স্থান ও সময় নীচে দেয়া হল। সভাগুলো ২ঘন্টাব্যাপি চলবে।

বেথনালগ্রীন নর্থঃ রেইন্স ফাউন্ডেশন স্থল(আপার স্থল), ১২ ডিসেম্বর, সন্ধ্যা সাডে ৬টা।

বেথনালগ্রীন সাউথঃ অক্সফোর্ড হাউস. ৯ ডিসেম্বর, সন্ধ্যা সাড়ে ৬টা। ব্লাকওয়াল এন্ড কিউ-বট টাউনঃ মাডস্যুট ফার্ম, ৫ ডিসেম্বর, সন্ধ্যা সাডে ৬টা। বো ইস্ট ঃ সেন্টপল'স চার্চ. ৪ ডিসেম্বর, সন্ধ্যা সাডে ৬টা। বো ওয়েস্টঃ বার্ট-লে কোর্ট কমিউনিটি সেন্টার, ১১ ডিসেম্বর, সন্ধ্যা সাডে ৬টা । বমলি বাই বােঃ কিংসলি হল ১৬ ডিসেম্বর, সন্ধ্যা সাড়ে ৬টা। ইস্ট ইন্ডিয়া এবং ল্যান্সবারিঃ ট্রাসলার কমিউনিটি সেন্টার ৮ ডিসেম্বর, সন্ধ্যা সাড়ে ৬টা। লাইম হাউসঃ সেন্টম্যাথিয়াস কমিউনিটি সেন্টার, ১২ ডিসেম্বর, সন্ধ্যা সাড়ে ৬টা। মাইল এন্ড এবং গ্লোব টাউনঃ ট্রামসেড কমিউনিটি সেন্টার, ১১ ডিসেম্বর, সন্ধ্যা সাড়ে ৬টা। মাইল এন্ড ইস্টঃ ইস্ট লণ্ডন ট্যাবার-নকল ব্যাপটিস্ট চার্চ, ১৩ ডিসেম্বর ১৩, সন্ধ্যা সাডে ৬টা। মিলওয়ালঃ আলফাগ্রুভ কমিউনি-টি সেন্টার, ১০ ডিসেম্বর, সন্ধ্যা সাড়ে ৬টা। স্পিটালফিল্ডস এবং বাংলাটাউনঃ ওসমানি সেন্টার: সন্ধ্যা সাড়ে ৬টা। সেন্ট ডানস্টান এন্ড স্টেপনি গ্রীনঃ হারফোর্ড মাল্টি সেন্টার, ১৪ ডিসেম্বর, দুপুর ২টা। সেন্ট ক্যাথরিন এন্ড ওয়াপিং ঃ রেইন্স হাউস. ৫ ডিসেম্বর, সন্ধ্যা সাডে ৬টা। ওয়েভার্সঃ সেন্টপিটার'স মিশন হল. ১০ ডিসেম্বর, সন্ধ্যা সাডে ৬টা। হোয়াইচ্যাপেলঃ আইডিয়া স্টোর হোয়াইটচ্যাপেল ৩ ডিসেম্বর সন্ধ্যা সাডে ৬টা। ১৮ই নভেম্বর ফোরামের আনষ্ঠানিক উদ্বোধন করা হবে।

News in brief

টাওয়ার হ্যামলেটসের বার্ষিক আতশবাজী উৎসব



টাওয়ার হ্যামলেটস কাউন্সিলের উদ্যোগে বার্ষিক আতশবাজী উৎসব গত ৩ নভেম্বর উয়েভার্স ফিল্ডে অনষ্ঠিত হয়।

যন্ত্রের সূর মুর্চ্ছনার সাথে তাল মিলিয়ে আকাশে বর্ণিল আলোকচ্চাটার মনোমগ্ধকর ডিসপে উপা-ভাগ করেন সব বয়সের হাজার হাজার মান্য।

জনপ্রিয় সরের সাথে তাল মিলিয়ে হাজারো বর্ণের আলোর ঝরনা ধারা যখন আকাশের গায়ে আচঁডে পডে. তখন দর্শকদের হর্ষোধ্বনিতে মখরিত হয়ে ওঠে চারিধার।

কাউন্সিলের সংস্কৃতি বিষয়ক কেবিনেট মেম্বার. কাউন্সিলর রানিয়া খান বলেন, এবারের অডিও-ভিজ্যুয়াল ফায়ারওয়ার্কস হাজার হাজার মানুষ-কে মুগ্ধ করেছে। এ ব্যাপারে দর্শকদের কাছ থেকে যে ফিডব্যাক পেয়েছি, তা সত্যিই অসাধারণ।

ব্যানক্রফট লাইবেরীতে ওপেন ডে ১৬ নভেম্বর

টাওয়ার হ্যামলেটস্ লকাল হিস্ট্রি লাইব্রেরী এভ আর্কাইভস্ ১৬ নভেম্বর শনিবার সকাল ১১টা থেকে বিকাল ৪টা পর্যন্ত শীর্ষক এক ওপেন ডে অনুষ্ঠানের আয়োজন করেছে।

ইতিহাস ঐতিহ্য সম্পর্কে জনসচেতনতা সষ্টি এবং সমদ্ধ সংগ্রহশালা তলে ধরতে দেশ ব্যাপি পরিচালিত "এক্সপ্লোর ইয়র আর্কাইভ" প্রচার-াভিযানের অংশ হিসেবে এই ওপেন ডে'র আয়োজন করা হয়েছে।

ব্যানক্রফট রোডস্থ লাইব্রেরীর নিয়মিত ভিজিটররা হয়তো এরই মধ্যে অনেক ঐতিহাসিক আলোকচিত্র ও হাজার হাজার ম্যাপ দেখেছেন। তবে অনুসন্ধানী চোখে পরো আর্কাইভ হয়তো দেখেননি অনেকে

ওপেন ডে'র দিন আর্কাইভের এমন কিছ অংশ দর্শকদের খলে দেয়া হবে, যা সাধারণত লাইবেরী ভবনের তাপ নিয়ন্ত্রিত স্টাং রুমে

আর্কাইভে কর্মরত স্টাফরা সংগ্রহশালা সম্পর্কে দশর্কদের তথ্যাদি দিয়ে সহায়তা করবেন।

টাওয়ার হ্যামলেটসের মেয়র, লুৎফুর রহম-ান বলেন, আমাদের স্থানীয় ইতিহাস ও ঐতিহ্য বিষয়ক আমাদের চমৎকার কিছু সার্ভিস রয়েছে। ব্যানক্রফট রোড লাইবেরী ভবনে আলোকচিত্র. বই, ম্যাপ, লিফলেট, ইলাস্ট্রেশন সহ প্রায় ২৫ লক্ষাধিক আইটেম সংগৃহিত রয়েছে। ওপেন ডে'র দিন জনসাধারণ এসব দর্লভ সংগ্রহ দেখার স্র-যাগ পাবেন।

ওসমানি ট্রাস্টে কাজের অভিজ্ঞতা লাভের সুযোগ

ওসমানি টাস্টে এক সংবাদ বিজ্ঞপ্তিতে জানানো হয়েছে, তাদের কর্মসংস্থানের জন্যে শিক্ষা লা-ভব জন্যে এডকেশন এড এম্পলয়য়েন্ট কর্মসচিব অধীনে কাস্টমার সার্ভিস ও চাইল্ডকেয়ার সাভি-স পদে কিছ এপ্রেন্টিস নেয়া হবে।

এইসব পদে কাজের অভিজ্ঞতালাভের জন্যে কেউ আগ্রহি হলে তাদেরকে ০২০৭ ২৪৭ ৬৪৫৩ অথবা ০৭৫০৬ ৫৭২ ৯২১ এই নম্বরে যোগা-ে যাগ করার জন্যে অনুরোধ করা হয়েছে।

থার্ড সেক্টর একালেন্স এওয়ার্ডের জন্যে মনোনয়ন আহ্বান

মেয়রের থার্ড সেক্টর এক্সেলেন্স এওয়ার্ডের জন্যে টাওয়ার হ্যামলেটস কাউন্সিল মনোনয়ন আহ্বান করেছে। টাওয়ার হ্যামলেটসে সক্রিয় থার্ড সেক্টর এর উপস্থিতি রয়েছে, যারা বিভিন কমিউনিটির জন্যে জরুরি এবং কাঙ্খিত সেবামূলক ভূমিকা পালন করে যাচ্ছে।

বিভিন্ন সংগঠনের সেবাধর্মী কার্যক্রমের জন্যে প্রস্কার প্রদান করা হয়ে থাকে । এইসর কাজের মধ্যে রয়েছে হাউজিং, আর্টস, সোশ্যাল কেয়ার হেলথ, সামাজিক সহাবস্থান ।

টাওয়ার হ্যামলেটস বারায় যেসব থার্ড সেক্টর সংগঠনগুলোর অবস্থান রয়েছে তাদেরকে এই এওয়ার্ডের জন্য আবেদন করার জন্যে আহ্বান জানানো হয়েছে। তারাই আবেদন করতে পারবেন যাদের ইনোভেটিভ প্রজেক্ট ২০১২ সালের এপ্রিলের পর থেকে কার্যকর হয়েছে। সেইসব সংগঠনগুলোকে পরস্কার দিয়ে ভষিত করা হবে যেগুলো কমিউনিটিতে বিশেষ ভূমিকা রেখেছে বলে প্রতিভাত হয়েছে। যেসব সংগঠন যথায়থ আর্থিক দিকটি নজর রেখে সূজনশীল প্রকল্প গ্রহনের মাধ্যমে সমাজ কল্যানে ভমিকা রেখে চলেছে তাদেরকে পুরস্কত করা হবে।

মেয়র লংফর রহমান বলেন, "আমি অত্যন্ত আনন্দিত যে পরবর্তী থার্ড সেক্টর এওয়ার্ড প্রদানের কথা ঘোষনা কবতে যাচ্ছি। এই প্রস্কার সে-ইসব সংগঠনকে শুধু স্বীকৃতি প্রদান করে না, সংগঠনগুলো যাতে তাদেব কার্যক্রের মাধ্যমে স্থানীয় জনগনকে সেবা প্রদান করতে পারে তা সম্মিলিতভাবে উৎসবের মাধ্যমে পালন করা হয়।

রিসোর্সের কেবিনেট মেম্বার কাউন্সিলর আলিবর চৌধরি বলেন,''কমিউনিটির জন্যে থার্ড সেক্টর সংগঠনগুলো এক গুরুত্বপর্ন অংশ। এই সংগঠনগুলো কমিউনিটির জন্যে গুরুত্বপূর্ণ সেবা প্রদান করে। যোগ্যতা অর্জনকারি সংগঠনগুলে-াকে স্বাগত জানাই তারা যেন আরো এগিয়ে যেতে

যে ওয়েবসাইটে নমিনেশন ফরম পাওয়া যাবে www.towerhamlets.gov.uk/ এ ব্যাপারে আরো বিস্তারিত জানার জন্যে থার্ড সেক্টর টিমের সাথে thirdsector@ towerhamlets.gov.uk - এই ওয়েবস-াইট ভিজিট করতে অনুরোধ করা হয়েছে।

■ The above stories are: glittering night of fireworks page 11; open day at Bancroft Road library; become an apprentice and earn as you learn; nominations open for the Third Sector Excellence Awards.

ইয়াং মেয়রের ওয়ান বারা ইভেন্ট অনুষ্ঠিত

Hundreds of young people at One Borough event - page 2

টাওয়ার হ্যামলেটসের ইয়াং মেয়র - এর ওয়ান বারা ইভেন্টে যোগ দিতে গত সপ্তাহে মাইল এভ স্টেডিয়ামে জডো হয়েছিলেন তিন শতাধিক কিশোর তরুণ। শিল্প সংস্কৃতির বিভিন্ন ধারায় পরি-বশনা, খেলাধূলা ও প্রতিযোগিতার মাধ্যমে স্থানীয় মেধার বিকাশের লক্ষ্যে ইয়থ কাউন্সিলের মেম্বাররা এই অনুষ্ঠানের আয়োজন করেন।

বারায় বসবাসকারী বিভিন্ন ভাষাভাষি কমিউ-ি নটির তরুণ সম্প্রদায়ের সমন্বয়ে গড়ে তোলা কালচারাল বাজার এর লাইভ পারফর্মেন্স মাতিয়ে রাখে তরুণদের।

এই অনুষ্ঠান সম্পর্কে ইয়াং মেয়র, মাহদি আলম বলেন বিপল সংখ্যক কিশোর তরুণের প্রাণোচ্ছল অংশ গ্রহণ অনুষ্ঠানকে সফল করে তলেছে। অনষ্ঠানকে সফল করে তুলতে অনেককে কঠোর পরিশ্রম করতে হয়েছে। যারা এই অনুষ্ঠানে যোগ দিয়েছেন এবং অনুষ্ঠান সফল করে তুলতে যারা কঠোর পরিশ্রম করেছেন, তিনি তাদের সকলের প্রতি



Deputy Young Mayor Sonia Begum and friends

প্রথম নির্বাচিত মেয়র লুৎফুর রহমানের সাফল্যময় তিন বছর বিশ্ব ডায়াবেটিস ডে

Mayor gives update on work of the council – issue 984

টাওয়ার হ্যামলেটসৎ কাউন্সিলের প্রথম নির্বাচিত নির্বাহী মেয়র লৎফর রহমান তাঁর মেয়াদের চতর্থ বর্ষ শুরু করেছেন তিন বছরের সাফল্যকে পুঁজি করে আরো অনেকগুলো নতন পরিকল্পনা বাস্তবায়নের চ্যালেঞ্জ নিয়ে।

গত তিন বছর তিনি সর্বাবস্থায় স্থানীয় বাসিন্দাদের চাহিদা ও প্রয়োজনীয়তা পরণের বিষয়টিকে সর্বোচ অগ্রাধিকার দিয়েছেন। কেন্দীয় সরকারের কঠিন আর্থিক কর্তন সত্ত্বেও বাসিন্দাদের যতটুকু সম্ভব সহায়তা প্রদান অব্যাহত রেখেছে

নির্বাহী মেয়র লুৎফুর রহমান বলেন, সরকারের আর্থিক কর্তন সত্ত্বেও চার বছর ধরে আমরা কাউন্সিল ট্যাক্স ফ্রোজেন বা স্থিতাবস্থায় রেখেছি। আমাদের সকর ইয়থ সেন্টার, সইমিং পুল এবং লাইব্রেরীগুলো আমরা চালু রেখেছি।

লকাল অথরিটি বা কাউন্সিলের চেয়ে অধিক

সংখ্যক এফোর্ডেবল হাউজিং বা সমর্থাধিন বাড়ি-ঘর আমরা নির্মান করেছি। হাউজিং বেনিফিট পদ্ধতিতে পরিবর্তন আনায় আর্থিক চাপের মুখে পড়া শত শত বাসিন্দাকে আমুবা সাহায্য করেছি এবং সবচেয়ে অসহায় লোকজনকে প্রয়োজনীয় সরক্ষা দিতে আমরা ১১ মিলিয়ন পাউন্ডের একটি অস্তায়ী হাউজিং ফান্ড বরাদ্দ করেছি। বারার সার্বিক আইন শংখলা পরিস্থিতির উন্নয়ন, অসামাজিক থ তিরোধ অপরাধের হার কমিয়ে আনার লক্ষ্যে আমরা কমিউনিটি সেফটি খাতে বিপুল অর্থ বিনিয়োগ করি। ২৬ জন এনফোর্সমেন্ট অফিসার নিয়োগ দিয়েছি, যারা সার্বক্ষণিকভাবে আইন শংখলা রক্ষায় কঠোর পরিশ্রম করে যাচ্ছেন।

প্রায় ২৫ হাজার কর্মজীবি বাসিন্দা এবং ১০ হাজার পেনশনারকে সরকারের কাউন্সিল ট্যাক্স তিনি আরো বলেন, দেশের অন্য যে কোন বেনিফিট স্কিম বন্ধের চাপ থেকে সুরক্ষা দেয়া হয়েছে বলে মেয়র জানান।

নির্বাহী মেয়র লুংফুর রহমান বলেন, গ্যাস বিদ-্যুতের অব্যাহত মূল্য বৃদ্ধির প্রেক্ষিতে বাসিন্দাদের আর্থিক সাশ্রয়ের নিমিত্তে কাউন্সিল এনার্জী কো-অপ স্ক্রিম টি এইচ ই কমিউনিটি পাওয়ার গঠন করে, যার ফলে বাসিন্দারা বছরে সর্বোচ্চ১০০ পাউন্ড পর্যন্ত সাশয করতে পারবেন।

দঢতার সাথে বলতে পারি, আমাদের এই বারাকে আমরা প্রত্যেকের বসবাসের জন্য উন্তত একটি জনপদে পরিণত করতে পারবো।

মেয়র লৎফর রহমান বারার প্রথম নির্বাচিত মেয়র হিসেবে গত তিন বছর কী কী কাজ করেছেন, বিভিন্ন ক্ষেত্রে অর্জিত সাফল্য এবং তাঁর মেয়াদকালের শেষ বছরে তিনি কি কি করতে চান সে ব্যাপারে ইস্ট এন্ড লাইফ গত সপ্তাহে একটি বিশেষ প্রতিবেদন প্রকাশ করে। ঐ প্রতিবেদনটি অনলাইনে দেখতে চাইলে লগ অন কম্পন" www.towerhamlets.

World Diabetes Day - page 7

১৪ নভেম্বর বহস্পতিবার মাইলএন্ড হাসপাতালের বার্ডেট হাউস এডুকেশন সেন্টারে ওয়ার্ল্ড ডায়াবেটিস ডে উপলক্ষে এক অনুষ্ঠানের আয়োজন করা হয়েছে।

বিশ্ব ডায়ারেটিস দিবসে ডায়ারেটিস সম্পর্কে কি কি ঝকি রয়েছে.এই সব ঝকি কি ভাবে প্রতিরোধ করা এই ব্যাপারে শিক্ষনীয় বিষয় সমূহ সম্পর্কে অবহিত করা এবং ডায়াবেটিস ব্যবস্তাপনায় কি ধরনের সেবা ও সহযোগিতা রয়েছে এ সম্পর্কেও তথ্য ও পরামর্শ প্রদান করা হবে।

অনুষ্ঠানে ডায়াবেটি বিশেষজ্ঞবৃন্দ উপস্থিত থাকবেন এ ছাড়াও কমিউনিটি সংগঠনগুলোও অংশ নেবে। এতে থাকবে বিভিন্ন স্টল ও কার্যক্রম এবং আলোচনা সভা।

এ ব্যাপারে আরো বিস্তারিত জানার জন্যে ০২০৮ ২২৩ ৮৭৪৪ এই নম্বরে যোগাযোগ করার জন্যে অনুরোধ করা হয়েছে।

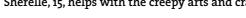
11 - 17 NOVEMBER 2013 NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Residents were treated to a fangtastic time at a series of Halloween events hosted by the council at parks across the borough during half-term. **Shalina Hussain** reports.

B00

Frightful fun for Halloween







Jayne, 8, and Demi, 8, with their scary friends

to Park After Dark in Victoria Park and Mile End Park on October 30 to help 'Sherlock Holmes' solve a blood curdling mystery.

More than 150 brave detectives were taken on a spine tingling tour of the parks meeting ghosts and ghouls along the way.

The annual Teeny Halloweeny extravaganza took place at Mile End Play Park in Locksley Street on October 31.

More than 500 under-7s had fun apple bobbing, went on a spooky treasure hunt and tried their hand at Halloween themed arts and crafts.

Little monsters also had fun carving their own pumpkins, making lanterns and creating ghost-themed arts and crafts at the V&A Building in Victoria Park.

Mum Lisa Newman, 29, said: "I really liked this Halloween party it was fun for

More than 1,400 residents attended the council's popular Boo! events at Bartlett Park in Poplar and King Edward Memorial Park in Wapping.

> At Bartlett Park residents entered a world of super science, inspired by Mars Attacks and Star Wars. Residents were encouraged to help the Space Invaders hunt down defective robots. There was an alien autopsy as well as the Alien Baby parading the eco-friendly bin-bot, aka Mr Recycle More.

At King Edward Memorial Park, there was a Monsters Ball where the open space was Garfield made an appearance at transformed into a world of ghosts, Bartlett Park. ghouls, vampires and zombies including the Horsemen of the Apocalypse, a vampire balloon modeller and a giant mummy. There were also party games with a twist in the ballroom with DJ Werewolf.

At each

(Left) There was an alien invasion at Bartlett Park







site along with the purple (Above, top to bottom) Phil, the pink witch at the Park After Dark; Jenny, from Page One Theatre, put on a gruesome show in Victoria Park;

> (Right) Parks staff wore out of this world costumes at Bartlett Park.

Boo! event, there was a spectacular pyrotechnic highlight to help light up the mini galaxy of Bartlett Park and the darkness of King Edward Memorial Park.

Mayor Lutfur Rahman said: "I am delighted so many residents came down to enjoy the free fun organised by the council. The Boo! events are always a highlight in our autumn calendar."

Cllr Rania Khan, cabinet member for culture, added: "The council works hard to put together a free programme of events residents can enjoy throughout the year."

For more details about free activities in Tower Hamlets visit www.towerhamlets.



Harrison, 6, and

George, 8 at the

Park After Dark

in Victoria Park





Kiara, 12, tries apple bobbing

Nadia, Yasmine, 6, Paul and Laila, 3, at Teeny Halloweeny

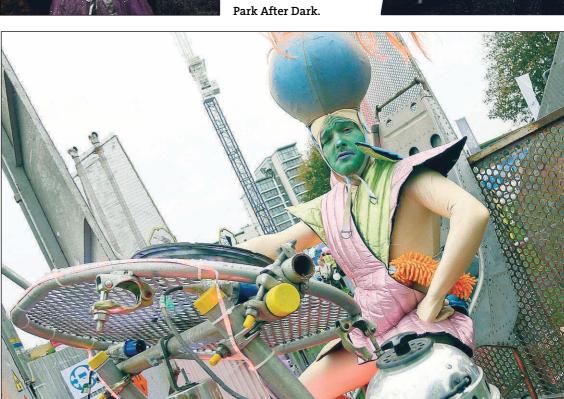








(Left, top to bottom) Enjoying the event at Bartlett Park; something scary under the bridge at Victoria Park; Demi and Jayne, both 8, show off their costumes at



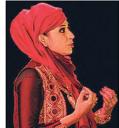
Staff at Bartlett Park built some high tech props for the Halloween event



Twilight Tower tour

The Tower of London is the UK's most visited historic attraction and a World Heritage Site.

DETAILS BELOW



Drama, music and debate

A Season of Bangla Drama, now in its 11th year, is packed with a range of dramatic theatrical performances, live music and debates designed to challenge, stimulate and entertain.

Out & about guide

What's on where this week

Events

Gourmet Food Market

Weekly market offering artisan food from around the globe, including hot and cold delicacies, fine wines, and sweet and savoury treats. Every Tues, 11am-3pm. Thomas More Square, E1W.

Readings by the River

Series of readings curated by author critic and former Times literary editor Erica Wagner. £6. Thurs, Nov 21.7pm. The Wapping Project, Wapping Hvdraulic Power Station. Wapping Wall, E1W. readings by the river. event brite

A Season of Bangla Drama

Music, theatre and remagined literary classics. Until Sun, Nov 24. Multiple events. Times, prices and venues vary. www.wegottickets.com/aseas onofbangladrama/

Exhibitions

The Scream of the Commode

New photographs by multimedia artist Flore Nové-Josserand. Free. Until Dec 8. Thurs-Sun. 12-6pm or by appointment. IMT Gallery, Unit 2/210 Cambridge Heath Road, E2. www.image music text.com8980 5475

Press & Pull 2

Works by printmaker James Kate Gibb. Free. Stour Space, 7 Roach Road, Hackney Wick, E3. www.stourspace.co.uk

Music

Longplayer at Trinity Buoy Wharf

Concert featuring a 25-metre wide instrument of Tibetan a 1,000-year long piece of music begun in 1999 and continuing to play, without repetition, until 2999. Free. Trinity Buoy Wharf, 64 Orchard Place, E14.

Amaraterra | Santa Mozarella

An evening of passionate Italian music and dancing. £5 online/£7 on the door. Fri, Nov 15. 8pm to midnight. Jamboree, 566 Cable Street, Cable Street Studios, E1W.

The Soul Immigrants

Six-piece band performing original, jazzy funk with a retro, feel-good vibe. £10-£40. Fri, Nov 15. 9.30pm. Boisdale, Cabot Place, Canary Wharf, E14. www.boisdale.co.uk/

Brown and silkscreen artist Until Dec 2. Daily, 9am-5pm.

singing bowls, playing part of Every Sat & Sun, 11am to 5pm.

www.jamboreevenue.co.uk

Walk

Fungi Foray

Join community park rangers for a ramble and forage in the undergrowth for fungi. Free. Sat, Nov 16.10am-12.30pm. V&A Building, Royal Gate, Victoria Park.

Call 7364 5393, email samantha. brewster@towerhamlets.gov.uk

Song of Thanks Parent & child

The Kreutzer Quartet are joined by members of the New London Chamber Choir. £12.50. Tues, Nov 12. 7.30pm (7pm preconcert talk).

Wilton's, 1 Graces Alley (off Ensign Street), E1.

http://wiltons.org.uk

Social

3 Bees Café

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Birchfield OAPs club

Mon-Fri, 7-9.30pm; Weds, 1-4pm. 50 Saltwell Street, E14.

Fern Street Settlement Club

Fern Street, E3. 7987 1949

Golden Ladies

Pensioners group for bingo and social. Weds, 2-4pm. Dockland Settlements, 197 East Ferry Road, E14. 7987 6824

Tower of London Twilight Tours

Yeoman warders lead evening tours, taking in some of the gruesome sights and spooky stories which make up the Tower's incredible history. Includes famous sights such as Traitors' Gate and the Bloody Tower, and hear tales of prisoners and past residents, of royal gossip and of the secrets kept within the ancient walls. £25. For over-12s only. Nov 13, 24 & 27, 7-8.30pm.

Book at 0844 482 7799 www.hrp.org.uk/Tower OfLondon

Little Spitz' under-5s playgroup

Sun, 10am-12pm, 50p. Tours and stories. Spitalfields City Farm, Buxton Street, E1. 7247 8762

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What a performance!

The Noisettes formed in 2003 when singer Shingai Shoniwa and guitarist Dan Smith were attending the BRIT School for Performing Arts & Technology in Croydon.



Write stuff

The Writeidea includes a lecture on the East London Group of artists.

WWW.WRITEIDEAFESTIVAL.ORG

Out & About



BY RUSSELL COTMAN

TOWER Hamlets' evergrowing celebration of the written word returns this week.

Following on the success of previous years, this fifth edition

of the



The main change is that all the events will take place over a single weekend, from this Friday to Sunday, November pearance by Michael Jecks, an 15-17, in one venue – Idea Store Whitechapel.

The organisers hope this will enrich and intensify the experience, creating a festival 'buzz'. One thing that has stayed the

same is that all events are free.

There is something to suit all ing and how he works. tastes, covering writing for TV and radio, cookery, poetry, history, music, comedy, as well as genre and mainstream fiction.

A measure of the growth of the festival is that it now has its very own fringe section – a programme curated by Nat Guest covering live music, politics, debate, comedy and more.



There are multiple guest appearances by authors, poets and the odd famous face

Highlights include an apauthor of 32 books, on Saturday at 3.30pm.

He will discuss "Things I wish I knew when I started", a light-hearted look at the life of an author packed with anecdotes about the industry, writ-

Also on Saturday at 3.30pm, David Buckman will give a lecture about the East London Group of artists who shot to fame in the 1920s and '30s.

Original artwork by seven or eight of the group members will be on show to support the lecture and there will be an extended slideshow of images and



Jay Rayner

photographs running in the foyer on the day.

Restaurant critic and BBC reporter Jay Rayner is A Greedy Man in a Hungry World, the title to of his talk on Sunday, November 17 at 2pm which he says "will change the way you shop, cook and eat forever".

Mother and daughter novelists Deborah Moggach and Lottie Moggach talk about their novels on Friday, November 15 at 7pm.

Brick Lane Bookshop will be supplying books for sale throughout the festival.

Idea Store Whitechapel is at 321 Whitechapel Road, E1.

For full listings visit write ideafestival.org/events/ where free tickets can be booked by clicking on individual events.

News in brief **Change chanting**

OH! Gallery at Oxford House is hosting a group exhibition by Tower Hamlets followers of Nichiren Buddhism with the Soka Gakkai lay (SGI) Buddhist movement.

Actual Proof refers to a visible or clearly experienced change in a person's life, directly related to the practice of Buddhism, specifically that of chanting.

Actual Proof is open weekdays, 9am-10pm and weekends 10am-2pm until Thursday, Nov 28. Entry is free.

Oxford House is in Derbyshire Street, Bethnal Green.

Sound and silence

A BETHNAL Green poet and author is lending his voice to a London-wide performance art project exploring sound and silence during war.

Alain English is planning to perform some of his poems in Weavers Fields as part of Silent Cacophony, between 12-2pm this Thursday, November 11.

Whitechapel walk

WHITECHAPEL'S hospital history is remembered in a 60minute walking tour.

Murder, Maladies and Medical Miracles explores the rich heritage of Queen Mary's medical school – Barts and the London School of Medicine and Dentistry – and the Royal London Hospital, from its origins in 1740 to the opening of its striking new building in February 2012.

Led by a guide from Guided Walks in London, the 60-minute tour delves into the area's fascinating and often dark past. After the tour, participants are invited to visit Centre of the Cell to find out how scientists at Oueen Mary's Blizard Institute are discovering the treatments of the future.

The tour begins at Centre of the Cell, Newark Street, Whitechapel at 6.30pm on Tuesday, November 26. Over-16s only.

Tickets at £8 can be booked at http://centreofthecell.event brite.co.uk/

21

Darling of the gay scene

THE lives and loves of gay East Enders over the past 50 years are revealed in a new theatre performance

Move Over Darling – The Lost Gay Cockneys is made up of potent accounts of an often-overlooked part of social history, disclosed through a series of workshops and conversations with artist Tom Marshman (pictured).

Focusing on the testimonies of the over-60s, Marshman uncovers fascinating insights into a group sometimes invisible on the gay scene, let alone mainstream culture.



From the politically charged, such as marches and protests, to the mundane and the illicit, the show celebrates the full lives of gays, lesbians and transgender East Enders.

Marshman has been a perfor-

mance artists for over 15 years and has created more than 20 projects in a range of media including performance, photography, installation, publication and film. The project was funded by the National Lottery through the Heritage Lottery Fund and supported by METRO charitable organisation, and Queen Mary, University of London.

Move Over Darling is at Rich Mix, 35-47 Bethnal Green Road, E1, on Saturday, November 16 at

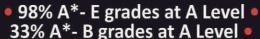
To book tickets, costing £5, call 7613 7498 or visit **www.rich** mix.com

INDIE-ROCKERS the Noisettes are coming to Canary Wharf with a part acoustic set this Tuesday, November 12. The London duo, of Don't Upset the Rhythm (Go Baby Go) fame, are renowned for their energetic and eccentric performances combining rock-chic with all the passionate spirit of Motown.

Frequently barefooted front woman Shingai Shoniwa is something of a style icon, with her face-paint, fur hats and energetic performances with guitarist Dan Smith. Tickets are £25 and the show starts at 7.45pm (doors 7pm). Book by calling 08712 200260 or visit seetickets.com.

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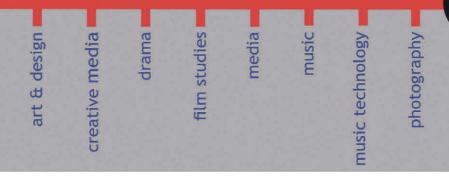
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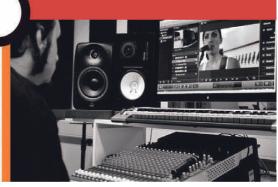














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Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

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Eating out, eating in

Top-notch sizzling food from one-man band

BY POT-BELLIED PIG

LANCER Grill has recently come under new management, and such times can be difficult for any business. As we walked in we realised there was one person on staff, who was both taking orders and cooking. Impressive!

Atmosphere, top notch. We started off with a round of poppadoms, which are notoriously hard to get wrong, and they didn't disappoint. Lancer Grill doesn't have an alcohol licence yet, but are quick to suggest the offlicence across the road for buying your own drink to consume on the premises.

The chicken jalfrezi, which came out still sizzling, was deliciously spicy with large but enjoyable pieces of meat, while the lahori chana had a nutty taste with a spicy finish. The pilau rice was somewhat bland, but appreciated when accompanying the flavoursome curries.

Curiously pancake-shaped, and not as crunchy as other places, the onion bhajis had a charm to them that stops me from denouncing them for being "not traditional". The menu, recently introduced, was nice and varied, and the cook was keen to stress the effort that had been placed into devising it.

All of this took quite a while to arrive. The waiter/cook was clearly embarrassed by this and apologised profusely, but his perseverance was admirable and did not upset the experience at all. At this point more staff had arrived – just as well as a party had just taken their seats!

Lancer Grill is at 240 Westferry Road, Isle of Dogs, E14. Tel: 7093 3666.



Lancer Grill has a good atmosphere and serves delicious food

Veg-packed stew is winter warmer

provides a tasty, easy to prepare recipe from Trigger's school meal menu for you to try at home.

Send us a picture of yourself preparing or eating the meal – or write a review letting us know what you thought of the and prevent catching colds. dish. Email your entry to www. Hamlets/parents/contact/ or post it to Recipe Competition,

EVERY month the council's Toby Lane Council Offices, Toby school catering service Lane, E1 4DN. Don't forget to write your name, address and phone number on the back.

> Trigger has chosen this recipe as the cold winter weather is approaching and it is important to have a nutrient-rich diet to boost your immune system

Trigger particularly liked this myschoollunch.co.uk/Tower recipe as you can add all different kinds of vegetables - try fennel, celery or butternut squash.

Beef cobbler – serves 4

Ingredients 250g braising beef 75g diced carrot (plus fennel, celery, butternut squash) 100g canned tomatoes 200ml beef stock

Special seasoning (see below) FOR SCONE DOUGH: 100g wholemeal flour Half tsp baking powder 25g margarine/butter 50ml milk

Method

1. In a hot, ovenproof pan, seal the meat in a little oil.

2. Add the vegetables and stock and our special seasoning of salt, pepper, dry mustard, sage thyme, ginger and nutmeg.

- 3. Cover and place in pre-heated oven at gas mark 8 or 230°C or 450°F for 30 minutes and then reduce the heat to gas mark 4 or 180°C for one hour.
- 4. To make the scone dough, mix chopped parsley.

- all the dry ingredients, and add a small pinch of salt.
- 5. Knead in the margarine with your fingers until the mixture looks like breadcrumbs.
- **6.** Add the milk and mix into soft dough. Shape into 4 individual scones and place on top of the meat.
- 7. Brush with milk and bake for 15 minutes at gas mark 8,230°C or 450°F. Serve garnished with







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Understanding regeneration plans

"A better understanding of regeneration in east London could enable residents to play a key role in benefiting from the thousands of jobs, businesses, homes and neighbourhoods planned."

DR LESLIE TOPP, BIRKBECK UNIVERSITY

Housing and more

East Thames is a housing provider and social regeneration charity which offers employment and training programmes.

WWW.EAST-THAMES.CO.UK

Property

£150,000 for apprentices

AN east London housing association has secured £150,000 of funding to deliver an employment and training programme for young people who are not in employment, education or training.

The programme, developed by East Thames and funded by Barclays, focuses on providing apprenticeship opportunities enterprises (SMEs).

It is open to young people in east London, whether or not they are East Thames residents.

Over the course of 16 months, East Thames will work with 200 young people to help them prepare for apprenticeships and develop their employability skills, as well as working closely with 100 local SMEs to help them set up apprenticeship opportunities.

Young people will also be able to make use of the resources within East Thames' existing employment and training programme including mentoring, training courses and oneto-one support and guidance.

John Bryson, employment and inclusion manager at East Thames, said: "The apprenticeships will create valuable, long-term opportunities for businesses, as well as making a significant difference to the lives of the young people taking part."

Visit www.east-thames. co.uk for further information.

Peabody food vouchers

SOCIAL landlord Peabody, which has launched an initiative to issue food vouchers directly to residents, has explained that it can only give out vouchers to Peabody residents.

It is also offering money management, and employment support and advice.

Peabody tenants should call 7021 4491.

Other residents may be referred to Tower Hamlets Foodbank. Visit www.towerhamlets foodbank.org.uk



RESIDENTS on a Bow housing estate celebrated the completion of a new communal garden and secure play space. Social landlord Poplar Harca held an event to officially launch the new space around the bases of Ballinger, Dorrington and Henshall Points. Children tried out the new play equipment and enjoyed activities such as apple bobbing. The land, which consisted of an underused concrete space with patches of grass and no fencing, now has new footpaths, lawns, fencing, seating, planted beds and feature lighting as well as a new secure car park and children's play area. The new garden areas are only available for residents living in the three blocks and are accessed with individual fobs. (Pictured above) Khadeza Wadud, 8, and Mahima Begum, 7, try apple bobbing.

Help plan the future of post-Olympic boroughs

BY JESSICA ODUBAYO Birkbeck, said: "In a fast-

AN architecture centre that seeks new ways for communities to participate in the transformation of their neighbourhoods is launching a project to explore the idea of regeneration among residents of Olympic host boroughs.

Called East London in Flux, it will question why east London is attractive to major developers, politicians, international companies, and academic and sporting institutions.

Fundamental Architectural Inclusion is carrying out the project with Birkbeck, University of London.

Dr Leslie Topp, senior lectur-

changing environment, knowledge is everything. A better understanding of the motivations and realities of regeneration in east London could enable residents to play a key role in helping their family, children and wider community to truly benefit from the thousands of new jobs, businesses, homes and neighbourhoods being planned."

East London in Flux will include a series of free, informal adult and family-orientated discussion sessions and events, which will provide opportunities to explore the regeneration on the horizon.

Nick Edwards of Fundamental Architectural Inclusion said: "We want to gauge the interest er in history of architecture at and views of local people so Square, 1 Salway Place, Stratford.

that we can put together a stimulating and practical programme of enquiry, and will be holding an initial focus group for that purpose.

"We are keen to hear from as many people as possible whether you think the Olympics were 'the best thing ever' to happen to the boroughs or whether you are more sceptical."

On Saturday, November 16 there will be a free, informal focus group during which project organisers hope to hear from residents about which topics they would like the project to cover and ideas for activities.

The event, which includes food and a guided walking tour exploring the area, will be held from 10am-4pm in University

Visit https://eastlondonin flux.eventbrite.com/ to reserve a place.



THE new president of the Royal Institute of British Architects (RIBA) discussed the future of architecture, when he delivered an annual lecture at the University of East London. Stephen Hodder (pictured above) took over as the 75th president in September for a two-year term. His practice, Hodder + Partners, has won more than 30 major awards, including the inaugural RIBA Stirling Prize in 1996 for the centenary building at the University of Salford. After giving the annual lecture at UEL's School of Architecture, Computing and Engineering, Mr Hodder said: "I was delighted to be asked to present the annual ACE lecture at the University of East London. I always enjoy engaging with students as they represent the future of architecture both here and abroad, and there is always such energetic debate."



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Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nugul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

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'Support Charges in long term Supporting People Services'. This is also available on our website www.towerhamlets.gov.uk.

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DEasy Access	Designed to be spacious with no steps to the property	
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F General Housing	Does not meet requirements for other categories	
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Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



1. Internet Bidding Just log on to www.thhs.org.uk



2. Telephone Bidding Simply call 0845 270 2400

Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local payas-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit Transfer

Scheme (PTS), which is targeted at social rented 6, the PTS was introduced on (and operates housing residents. The criteria for the PTS is as

1. applies to residents moving to 3 bedroom or larger social rented car free homes;

2. only one on-street resident parking permit per household is permitted;

3. you must have held your on-street car parking permit for at least 1 year prior to moving home;

4. your on-street parking permit must be renewed and not lapse to remain eligible under

5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

from) 5 September 2011 by Tower Hamlets Council and is not retrospective.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking

For more detailed information about the following adverts please visit the Homeseekers website at www.thhs.org.uk



SHELTERED COLIN WINTER HOUSE, NICHOLAS ROAD, E1

Flat • 1 Bed 1 Person • Ground Floor • Oper plan kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Shared garden • Pets not permitted

Eligibility: Min Client Age 55

£152.21, Weekly - Social Rent Landlord: Genesis Housing Association

Property Ref: 28468



SHELTERED

Accessible Category G
COLIN WINTER HOUSE, NICHOLAS
ROAD, E1
Flat • 1 Bed 1 Person • 2nd floor • Open
plan kitchen • One lift • Entryphone •
Separate Bathroom and W/C • GCH • No
garden • Pets not permitted

Eligibility: Min Client Age 55

£152.01, Weekly - Social Rent Landlord: Genesis Housing Association

Property Ref: 28471



VFR 50 ST LEONARDS ROAD, E14

Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C, Wet room (walk in shower) • GCH • Shared garden • Pets permitted . One week's rent or completed Housing Benefit form required at sign up of tenancy

Eligibility: Min Client Age 50

£122.53, Weekly - Social Rent Landlord: Poplar HARCA

Property Ref: 28495



BEDSIT SELE-CONTAINED ELAT

£118.59, Weekly - Social Rent Landlord: One Housing Group

Property Ref: 28469

Accessible Category F
NORMANDY HOUSE, PLEVNA
STREET, E14
Flat • 0 Bed 1 Person • Ground Floor •
Separate kitchen • No Lift • Bathroom with
W/C • GCH • No garden • Pets not
permitted

Eligibility: Band 3

£105.42, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28500



DARNLEY HOUSE, CAMDENHURST STREET, E14

STREE1, E14
Flat • 1 Bed 2 Person • Ground Floor •
Separate kitchen • No Lift • Entryphone •
Bathroom with W/C • Electric storage heate
• No garden • Pets permitted

£109.35, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28487



BLACKWALL WAY, E14

Flat • 1 Bed 1 Person • 6th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those who currently hold a Secure or Assured social housing tenancy

£159.38, Weekly - Social Rent Landlord: Swan Housing Association

Property Ref: 28481



ROGERS ESTATE, GLOBE ROAD. E2

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

Eligibility: Band 3

£111.40, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28463



NELSON GARDENS, E2

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£122.20, Weekly - Social Rent Landlord: Tower Hamlets Community Housing

Property Ref: 28493



Accessible Category F
HUGHES MANSIONS, VALLANCE
ROAD, E1
Flat • 1 Bed 2 Person • 4th floor • Separate
kitchen • One lift • Entryphone • Separate
Bathroom and W/C • GCH • No garden •
Pets permitted

ST CLAIR HOUSE, BRITISH STREET,

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets with landlords permission

£113.06, Weekly - Social Rent Landlord: EastendHomes

Property Ref: 28470



BARNARDO GARDENS, BARNARDO

Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£141.18, Weekly - Social Rent Landlord: Tower Hamlets Community Housing

Property Ref: 28494



MUSBURY STREET, E1

Maisonette • 2 Bed 4 Person • 4th floor • Maisonette • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years except for those who currently hold a Secure or Assured social housing tenancy

£156.13, Weekly - Social Rent Landlord: Swan Housing Association

Property Ref: 28485



GOULDMAN HOUSE, WYLLEN CLOSE,

Maisonette • 2 Bed 4 Person • 5th floor • Separate kitchen • Two lifts • Entryphone Separate Bathroom and W/C • GCH • No garden • Pets permitted

£115.52, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28479



SLIGO HOUSE, BEAUMONT GROVE,

Flat • 2 Bed 3 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£114.97, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28484



BULLEN HOUSE, COLLINGWOOD

STREET, E1
Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted

£110.40, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28497



BEDROOMS

Accessible Category G
PAULINE HOUSE, OLD MONTAGUE
STREET. E1
Flat • 2 Bed 4 Person • 17th floor • Separate
kitchen • One lift • Entryphone • Separate
Bathroom and W/C • GCH • No garden • . •
Pets permitted

Eligibility: Band 3

£112.70, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28480



BEDROOMS

SHEARSMITH HOUSE, HINDMARSH

CLOSE. E1
Flat • 2 Bed 3 Person • 6th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission

Eligibility: Band 3

£137.57, Weekly - Social Rent Landlord: EastendHomes

Property Ref: 28465



PEABODY BUILDINGS BLOCK F, JOHN FISHER STREET. E1
Flat • 2 Bed 3 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C, Wet room (walk in shower) • GCH • No garden • Pets not permitted

£129.21, Weekly - Social Rent Landlord: Peabody

Property Ref: 28472

ARNWORTH HOUSE, MANCHESTER OAD, E14 ROAD, E14 Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission

Eligibility : Band 3

£126.54, Weekly - Social Rent Landlord: EastendHomes

Property Ref: 28486



BEDROOMS ANGLIA HOUSE, SALMON LANE, E14

Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£117.45, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28464

EXPRESS WHARF, HUTCHINGS

EXPRESS WHARF, HUTCHINGS STREET, E14 Flat • 2 Bed 4 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years except for those who currently hold a Secure or Assured social housing tenancy

£0.00, Rent to be advised Landlord: Swan Housing Association

Property Ref: 28483



MIDSHIP POINT, THE QUARTERDECK,

E14
Flat • 2 Bed 4 Person • 19th floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Pets not permitte Preference to One Housing Group transfer

£137.96, Weekly - Social Rent Landlord: One Housing Group

Property Ref: 28488



MILLHARBOUR, E14

Flat • 2 Bed 3 Person • 2nd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years except for those who currently hold a Secure or Assured social housing tenancy Eligibility: Band 3

£167.63, Weekly - Social Rent Landlord: Swan Housing Association

Property Ref: 28474



WEST GARDENS, E1W

House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Pets permitted

£148.11, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28498



CHAMBORD STREET, E2

House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£117.18, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28491

For more detailed information about the following adverts please visit the Homeseekers website at www.thhs.org.uk



ADA HOUSE, ADA PLACE, E2

Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£133.62, Weekly - Social Rent Landlord: Tower Hamlets Community Housing

Property Ref: 28490



TOWERGATE HOUSE, ORDELL ROAD,

Flat • 2 Bed 4 Person • Ground Floor • Oper plan kitchen • No Lift • Entryphone • GCH • No garden • Pets not permitted

£134.20, Weekly - Social Rent Landlord: Southern Housing Group

Property Ref: 28462



Accessible Category F
REBECCA HOUSE, BROKESLEY
STREET, E3
Flat • 2 Bed 4 Person • 2nd floor • Separate
kitchen • No Lift • Entryphone • Bathroom
with W/C • GCH • No garden • Permit
parking • Pets not permitted

£109.00, Weekly - Social Rent Landlord: Industrial Dwellings Society

Property Ref: 28467

Eligibility: Band 3

£152.28, Weekly - Social Rent Landlord: Poplar HARCA

Property Ref: 28473



BEDROOMS WHITTON WALK, E3

Maisonette • 3 Bed 6 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£134.80, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28492



FAIRLIE COURT, STROUDLEY WALK,

Maisonette • 3 Bed 5 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C • GCH • No garde Pets permitted . One week's rent or completed Housing Benefit form required at sign up of tenancy

£184.69, Weekly - Social Rent Landlord: Poplar HARCA

Property Ref: 28489



MARK HOUSE, SÉWARDSTONE ROAD

Flat • 4 Bed 7 Person • 4th floor • Separate kitchen • Three lifts • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£147.15, Weekly - Social Rent Landlord: Tower Hamlets Council

Property Ref: 28496

Reminder

LANGDON HOUSE, IDA STREET, E14

Maisonette • 3 Bed 5 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted . One week's rent or completed Housing Benefit form required at sign up of tenancy

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.

AFFORDABLE RENT PROPERTIES



HOLMSDALE HOUSE, POPLAR HIGH

Filat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

£162.93, Weekly - Affordable Rent Landlord: Gateway Housing Association

Property Ref: 28477



ST HUBERTS HOUSE, JANET STREET, E14

Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

£171.27, Weekly - Affordable Rent Landlord: Gateway Housing Assoc

Property Ref: 28476



COLUMBIA ROAD, E2

Flat • 1 Bed 2 Person • 4th floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

Eligibility: Band 3

£203.56, Weekly - Affordable Rent

Property Ref: 28466



QUEEN MARGARET FLATS, ST JUDES

Flat • 2 Bed 3 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

£208.31, Weekly - Affordable Rent Landlord: Gateway Housing Association

Property Ref: 28475



QUEEN MARGARET FLATS, ST JUDES

Flat • 1 Bed 2 Person • Ground Floor •
Separate kitchen • No Lift • Entryphone •
Bathroom with W/C • GCH • Private garden
• Pets not permitted • Life Time.

£178.75, Weekly - Affordable Rent Landlord: Gateway Housing Associ

Property Ref: 28478



RANWELL CLOSE, E3

Flat • 1 Bed 2 Person • 5th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£150.84, Weekly - Affordable Rent Landlord: OLD FORD HA

Property Ref: 28501



JOSSILINE COURT, FORD ROAD, E3

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Eligibility: Min Client Age 50

£163.45, Weekly - Affordable Rent Landlord: OLD FORD HA

Property Ref: 28499

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life.

Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.



Internet Bidding – Just log on to www.thhs.org.uk



Telephone Bidding - Simply call 0845 270 2400







Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those



£40,911 - £43,584

£30,648 - £32,253



Construction Desk Team Leader

Development & Renewal Directorate

Ref: DEV00379

£38,229 - £40,911 **Senior Auditor**

Resources Directorate Ref: RES00204

Supervising Social Worker x2 £31,464 - £40,911 per annum

Education, Social Care and Wellbeing Directorate Ref: ESW00172

Construction Placement Officer £30,648 - £32,253

Development & Renewal Directorate Ref: DEV00375

Pre-Employment Officer

Development & Renewal Directorate

Ref: DEV00379

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.

Closing date for all posts: 17 November 2013







Did you know... o advertise in East End ife, call...

you could place a recruitment ad with East End Life for as little as £90 + VAT?



George Green's School

Manchester Road, Isle of Dogs, London E14 3DW Tel: 020 7987 6032 Fax: 020 7538 2316 Principal: Ms Jill Baker

'WE ARE A GOOD SCHOOL' HIGHER LEVEL CENTRAL SUPPORT OFFICER (1 YEAR TEMPORARY CONTRACT)

35 hours per week (Term-Time Only) Salary range NJC Scale 4 (18-21) £20,664-£22,647 (pro-rata)

We are looking for an individual with extensive administrative skills and experience to join our successful Central Support Department.

The position would involve providing efficient and effective, higher-level administrative support within the central support team and to give additional administration support to the EWB team.

The successful candidate will receive appropriate training but should be qualified to at least level 2 (5 A*-C or equivalent).

George Green's School is: a school committed to inclusion I a multi-lingual, multi-faith & multi-cultural community I a Full Service Extended School | a Humanities Specialist school with English, Citizenship and Drama as the lead subjects | an IB World School

Please download application packs from our school website: www.georgegreens.com George Green's School is

Visits prior to putting in your application are encouraged & welcomed. Please email Michele Barthram (Central Support Manager)

Monday, 18th November 2013 @ 9am

mbarthram@georgegreens.com Closing date:

committed to safeguarding and promoting the welfare of children and young people. We expect all staff, external agencies and volunteers to share this commitment. Any appointment is subject to an enhanced DBS Check

PART-TIME **RECEPTIONIST POSITION** at Positive East in Stepney Green

Working for a charity in the community based on Mile End Road we need an experienced receptionist to assist in the running of the front desk and coordinating the volunteers who man the desk

You will be responsible for opening the office at 9am daily and then working through till early / mid afternoon coordinating the volunteer shifts and covering the desk when the allocated volunteers are absent. You will also be involved in assisting the training of new reception volunteers.

Ideally you will be experienced in handling inbound foot and phone traffic and capable of prioritising the work load.

The role would suit a recently retired receptionist living in the area who is looking for a part time role to augment their

We are looking at £9 per hour for 4-5 hours a day and an initial 3 month trial period (excluding the Christmas break). Start with immediate effect.

People wishing to apply should contact Michelle on 020 7791 9343 to obtain further details.

Public notices

SPECIAL TREATMENT LICENCE

NOTICE IS GIVEN THAT Marc Weber has applied to London Borough of Tower Hamlets for massage, facial, manicure, pedicure, Galvanic & microcurrent treatments.

License(s) for the Premises: The Shoreditch Spa, 167 Brick Lane, London E2 7EE.

Anyone wishing to oppose the application must give notice in writing to: David Tolley, Environmental Health Commercial Service Manager. Mulberry Place, 5 Clove Crescent, London E14 1BY Within three weeks, specifying the grounds of opposition.

Persons objecting to the grant of a licence must be prepared to attend in person at a hearing before a Committee of the Council.

Chris on 7364 4994

Terri on 7364 468

Fatima on 7364 4623

Sharan on 7364 406



The London Borough of Tower Hamlets (LBTH) seeks the services of organisations or groups of organisations to deliver health improvement services to residents in Tower Hamlets.

Services currently being advertised are:

Health Trainers - Reference ESCW (PH) 4465. Contract value £275,000 per year (Up to four contracts)

Deadline for return of tenders is: Wednesday, 11 December 2013

Enhanced Sexual Health Promotion and HIV Prevention in High Risk Groups - Reference ESCW (PH) 4480. Contract value £170,000 per year.

Deadline for expression of interest and / or return of quotation is: Tuesday, 3 December 2013

Duration of above contracts will be 3 years with annual review/break clause.

Community Gardening Co-ordinators - Reference ESCW (PH) 4533. Contract value £120,000 per 15 month contract duration.

Deadline for return of quotation is: Friday, 6 December 2013

Services will be required to follow latest evidence based guidance or agreed best practice. The successful tenderers will be required to demonstrate:

- Community gain and participation in delivery
- Equity of access and delivery across the nine protected characteristics
- Responsiveness to the needs of different groups

Organisations wishing to express their interest are requested to register on the London Tenders Portal via the link below, where the tender documentation will be available for download. You may be required to complete a Pre-Qualification Questionnaire (PQQ).

LBTH uses the e-tendering system, the London Tenders Portal, which is free of charge to suppliers and providers. (Double-click links on this page or copy and paste to your web browser)

https://www.londontenders.org/procontract/supplier.nsf

Tenderers are responsible for allowing sufficient time to submit their ITT/PQQ. The Council accepts no liability whatsoever for ITT/PQQs that are not submitted due to internet connectivity issues, transmission delays or errors.

LBTH is an Equal Opportunities Employer and a supporter of Ethical Governance, our protocol can be found here

http://www.towerhamlets.gov.uk/lgsl/801-850/828_ tenders_and_ contracts/guidance_to_suppliers_and.aspx

LBTH does not undertake to invite all applicants or bind itself to accept the lowest or any tender. LBTH will not be liable for any costs incurred in tendering for this contract.



Are you aged 16-18 and looking to get started in a career? Smart Training – one of the UK's best training companies can help you with free* part-time training for nationally-recognised qualifications in:

- Childcare
- Business Admin

Smart Training

- Sales & Telesales Marketing
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Training is weekly in East London and we can also help you find a job.

*You must have lived in the UK or European Union for the last three years to be eligible for free training



Apply now - text SMART to 80800, email start@smart-training.com, phone 0845 177 0695 or see www.smart-training.com/jobsandadvice



183-185 Whitechapel Road, London EI IDN information@jagonari.org.uk

MATERNITY COVER REQUIRED

We are seeking to appoint an enthusiastic, creative and dynamic individual to support the running of our Preschool. This is an exciting opportunity to join our team.

Early Years Assistant Post:

Must have level 3 qualifications in Childcare Criteria:

and Education, NVQ or NNEB, with at least one year's paid experience.

Salary: up to £15,000 (on pro- rata)

35hrs – (9am – 5pm) Term time only Hours: Duration: 9 months to I year / maternity cover Closing date: 22nd November 2013

Contact: Mary Joseph for further information and application pack on **020 7375 0520**.

Female applicants only, the centre is exempt from sex discrimination act 1975

LUNCHTIME SUPERVISORS

Hours: Mon-Fri 12.40-1.40pm, term-time only Starting salary: Scale 1-2, £165.58 per calendar month

Required to work as part of a team responsible for the supervision of pupils throughout Morpeth School and Cambridge Heath Sixth Form during the lunchtime break. The ability to form good working relationships with pupils and staff is essential.

Successful candidates must abide by our Safeguarding Children policy and undergo an enhanced DBS check.

For full details and an application form, either see the school website www.morpethschool.org.uk or email einglis@morpeth.towerhamlets.sch.uk or phone 020 8981 0921

Closing date: Noon on Thurs 21st November



CALLING ALL GRADUATES!

Want to work in the City or Canary Wharf?

Interested in corporate social responsibility?

Looking for a paid, six - months, quality placement?

3 weeks' paid training valued at over £1,100?

Grew up in east London or Islington?

Apply to join ELBA's Graduate Programme at www.elba-1.org.uk **DEADLINE Thursday 5 December 2013** PLACEMENTS:

Bankof America Merrill Lynch

A E G I S





Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF **TOWER HAMLETS ROAD** TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC - CHASELEY STREET E3

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Chaseley Street (under the railway bridge) for a distance of approximately 40 metres in the western direction from its junction with Yorkshire Road

The restriction on vehicular traffic will enable a detailed railway bridge examination to be carried out on the public highway by Centurion Traffic Management.

The alternative route for vehicular will be via Yorkshire Street, Salmon Lane, Flamborough Street and Chaseley Street or Chaseley Street Raby Street and Salmon Lane.

The restriction on vehicular traffic will operate from Monday 2nd December 2013 at 22:00 hours until Tuesday 3rd December 2013 at 06:00 hours when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions

Please refer any queries regarding the above traffic restriction to Mick Jameson, Network Coordinator, Transport and Highways on 020 7364 6717 or email, mick.jameson@ towerhamlets.gov.ul

Dated: 11th November 2013

JAMIE BLAKE SERVICE HEAD **PUBLIC REALM MULBERRY PLACE 5 CLOVE CRESCENT LONDON E14 2BG**

PUBLIC NOTICE -LICENSING APPLICATION

LICENSING ACT 2003

TAKE NOTICE THAT Newedge UK Financial Ltd has applied to Tower Hamlets Council in respect of their premises at 10 Bishops Square, E1 6DU for a Premises Licence under the Licensing Act 2003 to permit the sale of alcohol by retail Monday to Friday from 09.00 to 22.00

The premises will not be open to the

The application can be viewed at The Licensing Section, London Borough of Tower Hamlets, Mulberrv Place, 5 Clove Crescent, London E14 2BG, Monday to Friday from 10.00 to 16.00. Any interested party or responsible authority may make representations in writing to this application no later than November 27th 2013 at this address

It is an offence, liable on conviction to a fine up to £5,000 to knowingly or recklessly make a false statement in connection with this

Ascend Consulting 0844 726 1998 admin@ascendconsulting.co.uk

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC - ROMAN ROAD

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of car riageway in Roman Road (in the westbound direction only) between its junction with Globe Road and its junction with Cambridge Heath

The restrictions on vehicular traffic will enable essential works to be carried out on the public highway by

The alternative routes to vehicular traffic will be via Globe Road, Cephas Street and Cambridge Heath Road or Cambridge Heath Road (northbound), Old Ford Road, Grove Road and Roman Road.

The restriction on vehicular traffic will operate on the following two weekends and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002:

• Sunday 1st December 2013 from 08:00 hours to 18:00

• Sunday 8th December 2013 from 08:00 hours until 18:00

Please refer any queries regarding the above traffic restriction to Emdad Ahmed, Highways Asset Management Officer, Transport and Highways on 020 7364 6707 or email emdad.ahmed@towerhamle ts.aov.uk

Dated: 11th November 2013

JAMIE BLAKE SERVICE HEAD, **PUBLIC REALM MULBERRY PLACE 5 CLOVE CRESCENT LONDON E14 2BG**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC - SELSEY STREET E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Selsey Street for a distance of approximately 40 metres in the southern direction from its junction with St. Paul's Way.

The restriction on vehicular traffic will enable essential carriageway resur facing works to be carried out on the public highway by LBTH.

The alternative route will be via St. Paul's Way (westbound). Burgess Street and Selsey Street and vice versa or St Paul's Way (eastbound), Bow Common Lane, Thomas Boad, Burgess Street and Selsey Street.

The restriction on vehicular traffic will operate from Monday 25th November 2013 until Friday 10th January 2014 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Nasser Zanitchkhah, Street Scene Engineer, Transport and Highways on 020 7364 6812 or email, nasser.za nitchkhah@towerhamlets.gov.uk

Dated: 11th November 2013

JAMIE BLAKE SERVICE HEAD. **PUBLIC REALM MULBERRY PLACE** 5 CLOVE CRESCENT **LONDON E14 2BG**

PUBLIC NOTICE

THE LONDON BOROLIGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC - BLOSSOM STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order. which will continue in force to prohibit vehicular traffic from entering, stopping or proceeding in the entire length of carriageway in Blossom Street between its junctions with Fleur De Lis Street and Folgate

The restriction on vehicular traffic will enable essential highway improvement works to be carried out on the public highway by LBTH.

Throughout the duration of the works, the "fire gate" in Folgate Street will remain open to maintain access into properties.

The alternative route for vehicular traffic will be via Fleur De Lis Street. Commercial Street and Folgate Street and vice versa

The restriction on vehicular traffic will continue in force to operate from Sunday 10th November 2013 until Saturday 16th November 2013 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Moira {Underwood, Street Scene Engineer, Transport and Highways on 020 7364 6529 or email, moira.underwood@towerhamlets gov.uk

Dated: 11th November 2013

JAMIE BLAKE SERVICE HEAD **PUBLIC REALM MULBERRY PLACE 5 CLOVE CRESCENT LONDON E14 2BG**

LONDON BOROUGH OF TOWER HAMLETS

THE TOWER HAMLETS (B2 PARKING PLACES) (NO.1) **ORDER 2011 (AMENDMENT NO.3) ORDER 2013 NO.56**

THE TOWER HAMLETS (WAITING & LOADING **RESTRICTION) ORDER 2012 (AMENDMENT NO. 9) ORDER 2013 NO.55**

THE TOWER HAMLETS (PERSONALISED DISABLED PARKING PLACES) (NO.1) ORDER 2010 (AMENDMENT NO.4) ORDER 2013 NO.57

THE TOWER HAMLETS (D1 PARKING PLACES) (NO.1) ORDER 2011 (AMENDMENT NO.4) ORDER 2013 NO.58

THE TOWER HAMLETS (DOCTORS PARKING PLACES) (NO.1) ORDER 2011 (AMENDMENT NO.1) ORDER 2013 NO.59

THE TOWER HAMLETS (A4 PARKING PLACES) (NO.1) ORDER 2011 (AMENDMENT NO.3) ORDER 2013 NO.60

THE TOWER HAMLETS (A2 PARKING PLACES) (NO.1) ORDER 2011 (AMENDMENT NO.2) ORDER 2013 NO.61

THE TOWER HAMLETS (A1 PARKING PLACES) (NO.1) **ORDER 2011 (AMENDMENT NO.1) ORDER 2013 NO.62**

THE TOWER HAMLETS (GOODS VEHICLE LOADING BAYS) (NO.1) ORDER 2011 (AMENDMENT NO. 5) **ORDER 2013 NO.63**

- 1. The general effect of the Orders would be to in:
 - English Street To Convert 10m of Parking Bay Opposite Beckley House and introduce Single Yellow Line on East side of carriage way.
 - Fieldgate Street -
 - (a) North side To introduce no loading restrictions 7am-12pm and 4pm-8pm Monday to Sunday on the north side from the west terminal lines of Resident Bay outside No.5 and westwards for 17m.
 - (b) South side To introduce 'At any time' Loading restriction on the south side at its junction with the Service Road opposite No.5.
 - iii) Stewart Street To convert approx. 20m of the resident parking bays on the east side (by New Union Close) to single yellow lines.
 - Blackwall Way To convert approx. 6m of the existing Permit Holders Bay on the south side to a Personalised Disabled Bay
 - Senrab Street To convert approx. two vehicle parking spaces of the existing Resident Bays on the west side to two Personalised Disabled Parking Bays
 - Aston Street To revoke the existing Doctors Parking Bay on the west side to Permit holders only Bay.
 - vii) Golding Street Convert all Single Yellow Lines from its junction with Cable Street and throughout the cul-de-sac to Double Yellow Lines.
 - viii) Massingham Street To remove the Resident Bay nearest Tollet Street and extend the Shared Use Bay.
 - Calvert Avenue To convert the existing Single Yellow Lines on both sides to Double Yellow Lines at its junction with and including Arnold Circus.
- Davenant Street Reduce the two space Goods Vehicle Loading Bay to a single Goods Vehicle Loading Bay and increase the existing Loading and Waiting restriction.
- Old Montague Street Reduce the three spaces Business Bay to two spaces.
- xii) Hackney Road Reduce the four spaces P&D Bay to three spaces nearest Austin Street.
- 2. The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 1 above.
- 3. A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the offices of the at the Parking Services Offices, 585-593 Commercial Road, London E10HJ (0207-364 5029), during normal offices hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.
- Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 11th November 2013 **JAMIE BLAKE** SERVICE HEAD, PUBLIC REALM

Why you should read Public and Legal notices.

These notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Flat 424, Lexington Building, Fairfield Road,

PA/13/2470/IOL

London, E3 2UF

Replacement of 2 metal balustrades on mezzanine floor with floor to ceiling glass partitions + replacement of the remaining balustrade (1) with floor to ceiling clear glass partition with openable hinged clear glass panels. Removal of nib wall to end of kitchen units to allow for extension of the kitchen worktop.

28 East India Dock Road, London, E14 6JJ

PA/13/2410/BMC

Rear extension in fill covering basement, ground & first floors with associated internal alterations and formation of roof terrace at 2nd floor level.

46-48 Commercial Street, London, E1 6LT

PA/13/2321 & 2322/SHT

Works comprise:

- 1) Change of use from A1 (retail shop) to A3/A4 (restaurant and café and drinking establishment)
- 2) Refurbishment of windows to match neighbouring windows
- 3) Minor internal alterations including the erection of non-structural walls
- 4) Removal of graffiti and metal shutters

21 Stepney Green, London, E1 3JX

PA/13/2528/KFL

Cladding to 1st floor cantilevered toilet on rear elevation using dark stained feather edged board

27 Coborn Street, London, E3 2AB

PA/13/2537/KFL

Construction of a three storey rear extension at basement, ground and first floor level including internal alterations and replacing a window with a door on ground floor rear elevation.

74 Whitechapel High Street, London, E1 7QX

Display of internally illuminated hanging sign board.

PA/13/2517/BEE

2 White Church Lane, London, E1 7QR

PA/13/2492/KHA

Existing and additional Advertising for an existing Restaurant

Flat 4, 1 The Terrace, Old Ford Road, London, E2 9PH

19 Wilkes Street, London, E1 6QF

PA/13/2320/KHA

Retrospective application for the formation of a rear external staircase from garden to basement level and surrounding metal guard railing.

79 Commercial Street, London, E1 6BD

DA /12/2440/KHA

Illustrated scaffold safety screen

PA/13/2448/KHA

115 Redchurch Street, London

PA/13/2386/SHT

Demolition of the existing three-storey building and erection of a new 3 storey building comprising A1 retail use at Ground & Basement Level with two flats at upper levels (1 Studio & 1 Maisonette)

PA/13/2337/KFL

Listed Building Consent is sought for a secondary glazed unit to be fitted in the bedroom window.

24 Padbury Court, London, E2 7EH

PA/13/2539/AWA

Enlargement of two existing windows to rear elevation; New roof light to single pitch roof slope; New slate roof covering to existing single pitch roof; Internal alterations.

44-46 Brushfield Street, London, E1 6AG

PA/13/2530/MCH

Fitting of sun blinds to ground floor.

Flat 202, Block D, 14 Hertsmere Road, London, E14 4AF PA/13/2585/AE

The proposed works would include an alteration of the interior of the property. The proposal includes an additional storage area built next the master bedroom of the property on the mezzanine level. Other alterations include, refurbishment of two bathroom's fitting and fixutes and floor and wall coverings. Also a refurbishment of the kitchen cabinets and floor covering.

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

11 Elwin Street, London, E2 7BU

PA/13/2543/MCH

A balcony on an existing flat roof with new double doors to access.

27 Coborn Street, London, E3 2AB

\/13/2536/KFL

Construction of a three storey rear extension at basement, ground and first floor level including internal alterations and replacing a window with a door on ground floor rear elevation.

21 Stepney Green, London, E1 3JX

PA/13/2458/KFL

Cladding to 1st floor cantilevered toilet on rear elevation using dark stained feather edged board

Professional Development Centre, English Street, PA/13/2241 & 2242/AE London, E3 4TA

Repair and refurbishment works to external store to include removal of existing non original windows and replacement with new external infill walls.

Professional Development Centre, English Street, PA/13/2245 & 2246/AE London, E3 4TA

Provision of a new play and activity area on redundant wasteland

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 11th November 2013

OWEN WHALLEY

Head of Planning and Building Control



LONDON BOROUGH OF TOWER HAMLETS TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Former Site Of 132, St Pauls Way, London

PA/13/2460/BMC

The change of use from Health Centre (D1) to: either Shop (A1) or Financial and Professional Services (A2) of a section of the ground floor level north of the site on St. Paul's Way, and for the remaining area of the ground floor level and first and second floor levels to: either Office (B1a) or Education/Health Centre (D1).

Bow Cross Phase 11, Bow Cross Estate, Rainhill Way, London E3

PA/13/2513/AE

Application for a non-material amendment following a grant of planning permission dated 01/02/2013, reference number PA/12/01019 for the construction of 18 residential units comprising of 7 x 1 bed, 7 x 2 bed and 4 x 3 bed properties arranged over 2, 3 and 4 storey linked blocks.

Amendment sought:

Alteration to the site boundary to reduce the distance between the site and the Dockland Light Rail Limited.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 11th November 2013

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



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Improving soccer skills

Football coaches in Tower Hamlets have been given the chance to improve their skills and help develop a wider range of coaching styles for the borough's footballers.

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

SEE BACK PAGE

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

Leisure centres John Orwell Sports Centre

Tench Street, Wapping, E1W. 7488 9421

Langdon Park Leisure Centre

35 Byron Street, Poplar, E14. **7987** 3575

Mile End Park Leisure Centre

190 Burdett Road, E3. 8709 4420

Mile End Park Stadium

Rhodeswell Road, Poplar, E14. 8980 1885

St George's Pools

221 The Highway, Wapping E1W. **7709 9714**

Tiller Leisure Centre

Tiller Road, Isle of Dogs, E14. 7987 5211

Whitechapel Sports Centre

55 Durward Street,

Whitechapel, E1. 7247 7538

York Hall Leisure Centre

5-15 Old Ford Road, Bethnal Green, E2. 8980 2243

Keep fit

Body conditioning

Thurs, 6.15pm. Shadwell Basin Centre, Glamis Road, E1. 07961 951522

Fitness Boot Camp

Sat 9.30-10.30am at Mile End Park, Grove Road, E3. 07946 312102

Hatha yoga class

Sats 9am at Yoga Place, Bethnal Green Road, E2. 07905 944314

Keep fit

Weds, 10.15-11.15am, crèche

available. Lansbury Lodge, 117 Ricardo Street, E14. 7515 7471

Keep fit

Weds, 11.45am-12.45pm. St Hilda's East Community Centre, 18 Club Row, E2. 7739 8066

Martial arts

Adults/junior kickboxing: Tues, 6.30-7.30pm; senior ju-jitsu (male & female), Tues, 7.30-9pm; adults/junior kickboxing self-defence, Weds, 6.30-7.30pm; seniors kick/Thai boxing (male & female), Weds, 8-9.30pm. Shadwell Basin Project Centre, Glamis Road, E1. 07811 105620

Personal training

Get fit, lose fat, tone muscles. Unit 1, Simon House, Limehouse Studio, 566 Cable Street, E1W. 07900 216005

Pregnancy yoga classes

Small group and private tuition. Suitable for mums-to-be from 14 weeks onwards. 07958 645978

Seniors exercise

Mons, 1.30pm, line dancing; Tues, 10.45am, workout. London Dockers Club, 6 Boulcott Street, E1. 7790 3785

Step 'n' tone

Tues, 7pm. Shadwell Basin Centre, Glamis Road, E1. 07961 951522

Taekwondo

Beginners welcome. Adults & juniors. Tues 6.30-8pm and Sun 1-3pm at Langdon Park Sports Centre, Byron Street, E14. 8310 1469

Tai Chi

Daily, for health and self

defence. 449-453 Bethnal Green Road, E1.

7033 3993

Tai Chi for beginners

Mons 6.15-8.15pm and Sats 9.30-11.30am at Roland Philipps Scout Hall, Aylward Street, E1. Also, Fri 6.30-8.30pm at St Barnabas Church, corner of Grove Road and Roman Road, E3. £7.

Women's keep fit

Tues & Thurs, 10.30-11.30am, £2. Garret Centre, 117 Mansford Street, E2. 7739 7241

Women's keep fit class

For all ages. Sats, 1.30-3pm.
Diesel Gym, Top Floor, Simon
House, Butchers Row, E1W.

Angel yoga

Kundalini yoga for beginners

every Tues, 7.30-8.45pm. £9. St Hilda's Community Centre, 18 Club Row E2. 07890 909928

satkartarkaur@rocketmail.com

Yoga

Hatha yoga, women only, Sats, 11.45am-1pm. Warrior power flow, Mons 7-8.15pm. Deep yoga flow, Sats 11am-12.15pm. £7.5o. The Threshold Centre, 1 Ada Place, E2.

7729 2961 or 07932 576333

Zumba classes

Every Weds, 7.30-8.30pm. £5. Tredegar Community Centre, 333 Morville Street, E3. 07884 168176

Zumba Fit

Fun, energetic class. All levels welcome. £5. Every Weds, 6.30-7.15pm. Bow Methodist Church, 1 Merchant Street, E3. 07592 140590

Public notices

NOTICE OF APPLICATION FOR PREMISES TO BE APPROVED AS A VENUE FOR MARRIAGES UNDER SECTION 26(1)(bb) OF THE MARRIAGE ACT 1949 AND CIVIL PARTNERSHIPS UNDER SECTION 6 (3A)(a) OF THE CIVIL PARTNERSHIP ACT 2004.

Kornicis Group being the proprietor of Smollenskys Restaurant, 1 Reuters Plaza, Canary Wharf, London, E14 5AJ give notice that we have applied to the Proper Officer of the London Borough of Tower Hamlets for approval under the above Act as premises where civil ceremonies may take place.

Any person wishing to inspect the application and plans of the premises may do so at The Register Office, Bromley Public Hall, Bow Road, London, E3 3AA Monday to Friday 9.30am – 11.30am and 2.00pm – 4.30pm.

Any person wishing to object to the grant of approval may do so in writing, with reasons for the objection, within twenty-one days of the date of publication of the notice. Objections should be sent to the Proper Officer at the above address.

EMMA HANDSCOMBE OPERATIONS SUPPORT

MANAGER

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULA-TION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – CHRISTIAN STREET E1

NOTICE IS HEREBY GIVEN,

that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Christian Street for a distance of approximately 50 metres in the northern direction from its junction with Cable Street.

The restriction on vehicular traffic will enable essential reconstruction of a speed table to be carried out on the public highway by LBTH.

The alternative routes will be via Cable Street, Back Church Lane, Pinchin Street and Christian Street.

The restriction on vehicular traffic will operate from Monday 2nd December 2013 until Friday 6th December 2013 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Gary Marshall, Street Scene Engineer, on 020 7364 6669 or email, gary.marshall@towerhamlets.gov.uk

Dated: 11th November 2013

JAMIE BLAKE SERVICE HEAD PUBLIC REALM MULBERRY PLACE 5 CLOVE CRESCENT LONDON E14 2BG

ROAD CLOSURE FOR CROSSRAIL WORKS UNDER THE CROSSRAIL ACT 2008

Redman's Road, E1 between Stepney Green and Jamaica Street will be closed to traffic on Monday 18th and Tuesday 19th November 2013 between the hours of 8am and 6pm both days. This is to enable contractors to lift the manholes into the sewer and place CCTV cameras into them to see their condition prior to the arrival of the Tunnel Boring Machines in the area.



Annual General MeetingThurs 21st November 2013

12.30 - 4.30pm • Scott Room, Oxford House

Featuring: Presentation from Jemma Grieve Combes, Grants Officer, City Bridge Trust • Presentation of annual report and accounts • Election of the board of trustees

Networking and refreshments



THCVS is an independent membership organisation for voluntary, community, faith and social enterprise organisations in Tower Hamlets.

Registered Charity No 1137143 Company No 07251141



LUTFUR MAYOR OF RAHMAN TOWER HAMLETS





Follow me

You can follow Jasmine Morris' training journey on her blog:

TTP://TRAINERSTEACUPS.BLOGSPOT.CO.UK



Get fighting fit

Veras Academy holds karate classes at the Trussler Hall Community Centre in Poplar. All are welcome, from young children upwards. For further information, visit...

WWW.VERASACADEMY.CO.UK

Sport

Sport round-up

Five gold medals for academy

THE Poplar-based Veras Karate Academy, including head coach sensei Raphael Veras, picked up another five gold medals at the Leicester Winter Championships.

First the youngest member of the squad, Luca Veras, six, won silver in the boys aged 7-9yrs up to 6th kyu fighting category, and this was followed by a gold medal in the boys 6yrs-and under fighting category.

Next up were older brothers Luan, nine, and Liam, seven, competing in the boys 9yrs-andunder fighting category.

With both boys winning their early bouts, they faced each other in the final, with Luan taking gold and Liam silver.

In the senior ranks, Nicole Hussey won gold in the female veteran fighting category.

Elite internationals sensei Raphael Veras (-76kgs) and Sanan Aliyev (-71kgs) both put in explosive performances to continue their recent winning streaks, each taking the gold in their respective fighting categories.

Joshua tops York Hall bonanza

NEW heavyweight boxing golden boy, Anthony Joshua tops the bill at York Hall, Bethnal Green, this Thursday, November 14 for a show that has distinct heavyweight appeal.

Joshua, unbeaten so far in two professional fights, will meet a selected opponent on a show that sees a Britain versus USA heavyweight Prizefighter Two series as the main attraction.

Big names such as James Toney and Sherman 'The Tank' Williams are already scheduled to appear as eight of the top heavyweights -excluding Joshua - fight for the £80,000 prize money.

Lutalo shows his Olympic moves

LUTALO Muhammad, taekwondo medallist at London 2012, visited UEL's SportsDock on October 30 to lead a masterclass in taekwondo

Taekwondo wanted to give | wins championships."



Lutalo Muhammad

young people from the area the opportunity to train with an Olympian.

East London-born Lutalo agreed to run a taster session and show off some of his Olympic-standard moves, which helped him win bronze in the men's competition at ExCel London last summer

David Cosford, UEL director of sport, said: "We tirelessly support less traditional sports and we're delighted to have Lutalo visit us.

"The opportunity to have a masterclass from an Olympic medallist, and local east London lad, is such a motivation for the young kids and the turnout was fantastic"

Joe says the best is yet to come

LONDON Lions basketball team, having returned to winning wavs with two home victories against Plymouth Raiders and Glasgow Rocks, are hoping that run continues this Friday, November 15 when they face second-placed Sheffield Sharks at the Copper Box Arena.

Their exciting British forward Joe Ikhinmwin is convinced the best is yet to come from London's premier basketball team.

"It is still early in the season, but I think we are doing okay at the moment, we still have players coming in and that is always a process for them to get acclimatised to the team and coaches," said the 26-year-old in an interview in Lions' game-day magazine Roar.

"The more time we spend together the better we will become as the season moves forward. Defensively, I think we can still get better, but that just takes time and everyone East London club Gurumu | buying to the fact that defence

The former Newcastle Eagle is delighted to be playing back in his home town.

"Getting the opportunity to come back to London the place where I was born and raised and met the game of basketball is just the best feelings," he added.

"I know we are going to have great season moving forward because we have the best British players in the league and a great coaching staff along with amazing fans and a great new home at the Copper Box."

■ Lions forward Matthew Bryan-Amaning has joined French side Sharks Antibes and left the club after scoring 28 points against Glasgow Rocks.

Doctor bidding for heavyweight glory

OGHOR Obakponovwe, a knee surgeon at the Royal London Hospital, Whitechapel, bids to show his heavyweight boxing potential when he competes in the quarter finals of the ABA Novices championship on Sunday, November 17.

The Stepney star has done well, winning the London title to fulfill the promise his club always said he had.

Sailing invitation

DOCKLANDS Sailing & Watersport Centre in Westferry Road, Isle of Dogs is inviting residents to an informal evening and chat on Thursday, November 21.

There will be advice on dinghy sailing and racing, how to go from zero to day skipper, and how to plan and pass the yacht master exam.

A £5 charge will cover food with profits going to the centre's youth sailing programme.

To book, call 7537 2626.

Ward comes back

MARTIN J Ward, who won international honours with Repton Boxing Club, will be back in action on the Matchroom bill on December 14, at a venue to be announced.

Ward, who is unbeaten in six fights so far, is having his first fight since being shot, along with his brother, on their Travellers' site in Romford.

Join me for my marathon effort

BY PETER FAULKNER

THE Bromley by Bow Centre encourages people to learn new skills. move into employment and look after their health and wellbeing.

So it is perhaps fitting that Jasmine Morris is running the Brighton Marathon in April to raise money for the centre.

Jasmine, 25, fund-raising officer for the centre in St Leonard's Street, Bow, took up running just a year ago and now wants five more equally enthusiastic runners to join her marathon effort.

The centre also believes in people's capacity to achieve cheering, the positivity and caamazing things – and Jasmine is doing is just that.

"I can remember the moment I first decided to try running – I was cheering on a group of five 2012 Brighton Marathon runners who had spent months training and fund-raising on behalf of the Jasmine, who lives near Chrisp Street, Poplar.

"The atmosphere of everyone



Jasmine Morris

maraderie of all of the runners really captured my imagination.

"That evening, despite having never gone for a run and not owning a pair of trainers, I booked a place on my first ever half marathon taking place that autumn.

"I was excited about getting Bromley by Bow Centre," said out there for my first run, pulled on my plimsoles and went for a three-mile run.

"After less than ten minutes,

I was exhausted, out of breath and panicking about the task I had set myself.

"But, I persevered and completed my half-marathon, and another a few months later."

Now she is looking forward to the marathon.

She said: "It will mean a huge amount for me - not only because it is the race that inspired me to try running but also because I will be raising monev for the centre.

"It is an incredibly special place and somewhere I feel privileged to work."

She is looking for five enthusiastic fundraisers to join her on the marathon and support each other through the training.

"It is going to be fun, and with my new leadership in running fitness we will train together exploring the areas around the Bromley by Bow Centre, discovering London's hidden gems, our neighbourhoods and new places."

Anyone interested in joining Jasmine's marathon team and fundraising for the centre should email Jasmine.Morris@ bbbc.org.uk or call 8709 9716.



MORE than 100 people were honoured when the London Tigers held their annual award ceremony at the Waterlily, Stepney Green on October 29.

The awards were distributed to members of football, cricket and badminton clubs along with health and volunteer awards. Special awards went to: Volunteer of the

Year, Tazmul Ahmed; Young Person of the Year, Aktarur Rahaman; special recognition award, Ibrahim Ansar Polly Islam, Moinul Islam and Tarik Ali Khan; and Tiger of the Year, Nurul Hoque.

Guests were also able to have their photographs taken with the FA Community Shield. Website www.londontigers.org



We've come a long way

"We are frustrated with not picking up all three points, we have to recognise how far we've come and not to be disappointed with would like to be included in our a draw against a team that have played in the national league".

WAPPING HOCKEY CLUB CAPTAIN OLIVER COOPER

Tell the East End

Do you have a sports club you listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport



Emily Menzies (orange bib) was on the scoresheet for East London ladies

EAST London Hockey Club's ladies enjoyed a confidenceboosting 4-1 win from their trip to Ipswich, thanks to two goals from Baitong Chantaruck and a fine performance from Grace Lant. Looking to bounce back from a disappointing defeat last week, Chantaruck grabbed an early goal. From there, they took control led by player of the match Lant, and thanks to slick wing-play added another

from Chantaruck, one from Emily Menzies and a fourth from Adi Anderson.

Top scorer Adam Lord netted twice as East London's men beat Luton 2-o.

After soaking up some early pressure, Lord pounced to put East London in front. He then quickly extended that lead when captain Adam Willoughby opened up the Luton defence with a wellworked short corner.

The win leaves them in third Forest 3rds.

place, two points shy of table-toppers Chelmsford. The women's second team beat Basildon 5-0 with goals from Alice Taylor (2), Christina Malcolm (2) and Amy Rogers; the third team also faced Basildon winning 8-o while the fourth team defeated Basildon Academy 6-1. The men's seconds won through a Mike Pettit goal at Upminster, and the fourths drew 4-4 with Waltham

Bull is the boss as Wapping draw

BY PETER FAULKNER

Peterborough o – Wapping o

WAPPING Hockey Club's men's first team faced the pre-season East Premier A championship favourites and showed just why they have the best defensive record in the league.

Peterborough have spent the last two seasons playing in the National League under the guidance of former England forward Gareth Andrews and, after relegation last season, were pre-season favourites to win the

However, it was Wapping who controlled the tempo of the

game and dominated possession in the first half, with man of the match Tom Bull bossing ough player. the midfield.

The half-time stats showed that Wapping were the better attacking force and they were disappointed not to have made their pressure tell.

The message from playercoach Ryan D'Souza at halftime was for more of the same.

In the second half, Peterborough created several chances on the counter-attack as Wapping pushed men forward to try and force a goal.

With ten minutes to go, a halfway line tussle ended with Anthony Clarke and a Peterborough forward being sin-binned. in the league.

This was followed by a second yellow for another Peterbor-

With the home side retreating into full defensive mode, Wapping were unable to capitalise on the extra man.

Wapping captain Oliver Cooper was philosophical about the result: "Although we are frustrated with not picking up all three points, we have to recognise how far we've come and not to be disappointed with a draw against a team that have playing in the national league".

As East End Life went to press Wapping were due to face unbeaten table-toppers West Herts, who are also the leading scorers

Soccer round-up Hamlets go top

FC Hamlets 12 – London Apsa 1 LONDON APSA came to East London as league leaders, but they virtually handed the game to new leaders FC Hamlets by turning up with just nine players.

It took just ten minutes for winger John Gilroy to put Hamlets ahead, but it wasn't until 15 minutes later that Gilroy got the

On the half-hour, a terrific pass from George Oakley set up Joe Peat for number three and, on the stroke of half-time. Allan Smith played a great ball through to Gilroy who tucked the ball home for his hat-trick.

APSA pulled one back straight after the restart, but that only spurred Hamlets on.

It wasn't long before Gilroy got his fourth to make it 5-1 and a couple of minutes later a lovely solo run from Rhonan Casey saw him make it 6-1.

Smith, with a beautiful chip, made it 7-1, Carter scored number eight, Oakley added a ninth before With, Oakley and Richards finished off the demolition.

Willis earns praise

Tower Hamlets 3 - Takeley 1 TOWER Hamlets manager Ajibola Olatunbosun praised his assistant and club captain Steve Willis after this win.

He said: "Steve must take some credit for this the work he puts in on the training ground and in the changing room. He is part of the reason we are where we are today."

The Takeley keeper was forced into some early saves, but the away side had a great chance to open the scoring after a defensive error, but Robert Hutton saved well to spare | highly awaited clash.

Danny Gillard's blushes. Kane Wilson eventually broke the deadlock with his fourth goal of the season after good work from Killingback.

The second half started the same with Hamlets on top, but Takelev drew level in the 61st minute which looked offside.

Tower Hamlets then went ahead after Syrus Gordon got on the end of a fine passing move, started by Willis.

Substitute Luke With, returning from a three-game ban then came on and made an immediate impact, setting up Wilson for his fifth of the season.

Debut hero Warren

Poplar Utd 5 - SOUL 4

MARK Warren ended Poplar United's losing streak in the Community Football League with a superb debut hat-trick against SOUL FC.

Poplar started positively and Warren bagged himself three goals in the first 20 minutes. SOUL then pulled one back before Dean made it 4-1.

In the second half SOUL scored two early goals but, Emran Khan, put Poplar 5-3 ahead. before the visitors hit a fourth.

Results: Abohani v FC Bengals (away win awarded); ACE 8 - London Central 1; Mohammedan SC 2 - Shadwell 2: Newark 2- E7 Probashi 4; Shoreditch 2 - SYA 2; SOUL 4 -Poplar United 5; West Ham SC 3 – East One 4.

Sureshot Shaun

Arbour 3 - Morpeth 2

SHAUN Brannand scored the winner for Arbour (Mason, Bird, Brennand) as they beat Morpeth (Wellington, Barter) 3-2 in this

Premier: Albert Royals (Mustafa, 3, Clayton) narrowly missed out on a draw with Stoke Newington (Henry, Doyley, Bulgin, Straker, Wynter) in a thrilling 5-4 match. Reama (Small, Renner, Chuck) remain top of the league with a 3-2 win over Stratford Juniors.

First Division: Young Prince (Warren, Johnson) got their first win of the season, 2-0 over **CS** Romania, International lost 4-2 to Hackney Downs B (Yohan, Clifton, Wayne, O'Neil) and St Lucia beat Cranes (Fabiano, Junior, Mike) 5-3 in an eight-goal thriller.

Second Division: Hale Rangers (Sani, Boukari, Osman) came out victorious 3-2 against Workhouse (Anthony, Sheriff) and Chettle Court Rangers beat Castrillon 4-0.

Wind-hit Westward

Westward Boys u15s 2 - Cobra 4 HOME advantage was not enough for Westward against well-organised opponents in the Echo Junior Football League.

Cobra took advantage of the exremely windy conditions to score direct from a corner early on but a Lewis' well-worked goal levelled the scores.

However, two quick counterattack goals just before half-time gave Cobra a 3-1 advantage. A diving penalty save from man of the match Bennett spurred Westward on and a terrific drive from the edge of the area by Haynes made it 3-2.

But despite the relentless pressure Cobra held on and wrapped things up 4-2 with a last-minute breakaway goal.

Westward Boys: Bennett, Duggan, Henriques, Aidoo, Donkoh, Lewis, Mohammed, Greer, Williams, Haynes, Pedroso.

Ravens roll over East London resistance

Rugby

EAST London started well and full-back Olli Riley, in only his third game, went over in the corner.

Then a turnover on the 10-metre line saw winger Tom Little go the full distance, to score their second try. Both conversions were missed.

to 5-10, as injuries started to affect East London.

However the last play of the half saw East London work hard to release Riley again to score under the posts. The conversion was kicked by Dave Atfield, his first points for the club.

The second half was a totally different affair – a half which zlini and Phil Smith.

Ravens narrowed the deficit saw Ravens score 39 unanswered points.

East London defended for their lives, but the class of the Ravens rolling substitutions was far superior to East London's.

A procession of tries for Ravens followed, along with a red card for an East London player and injuries to Fabrice Ei-



More inside

For reports on hockey, football and rugby, and our leisure guide...

SEE PAGES 34.35 & 36



Sharing skills and knowledge

"It is wonderful this opportunity lets you develop your skills as coaches and also allows you to take back the knowledge you gain to local groups and organisations you represent."

CLLR RANIA KHAN



eastendspor

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR

Football coaches go to the next level

16 take course at Mile End Park

THE borough's young footballers can look forin honing their skills thanks to a new batch of **better-qualified coaches.** team he originally played for.

The council's first level 2 Mile End Park with six days of 1 to level 2. schooling from the London FA.

course to help aspiring local coaches improve their skills and knowledge in a range of topics including different coaching styles, preparing for accidents and emergencies, and understanding players' nutritional

Sixteen people were selected to take part in the course, which was part-funded by Tower Hamlets Sports Council.

In 2008, the council helped establish a football team for mental health patients who have



BY RAJU MIAH continued to play in the mental health league for the past five

Simon Hughes, who was origteam by his GP, has developed his skills and now coaches the

"This course is great because

"It will help me in my job for The council's sports develop- NHS East London, where I manment team established the age and coach the Tower Ham- towerhamlets.gov.uk/sports

lets Tigers team, helping people use football for recovery," he said.

Cllr Rania Khan, cabinet memward to some expert help inally referred to play on the ber for culture, met with all the coaches on the first day and told them: "It is wonderful this opportunity lets you develop your skills as coaches and also allows coaching course kicked off at I get to progress from my level you to take back the knowledge you gain to local groups and organisations you represent."

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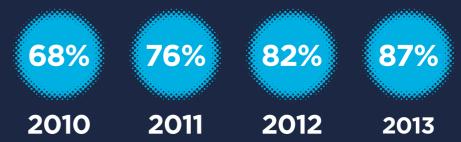




<u>13 November 2013, 5-7pm, Poplar</u>

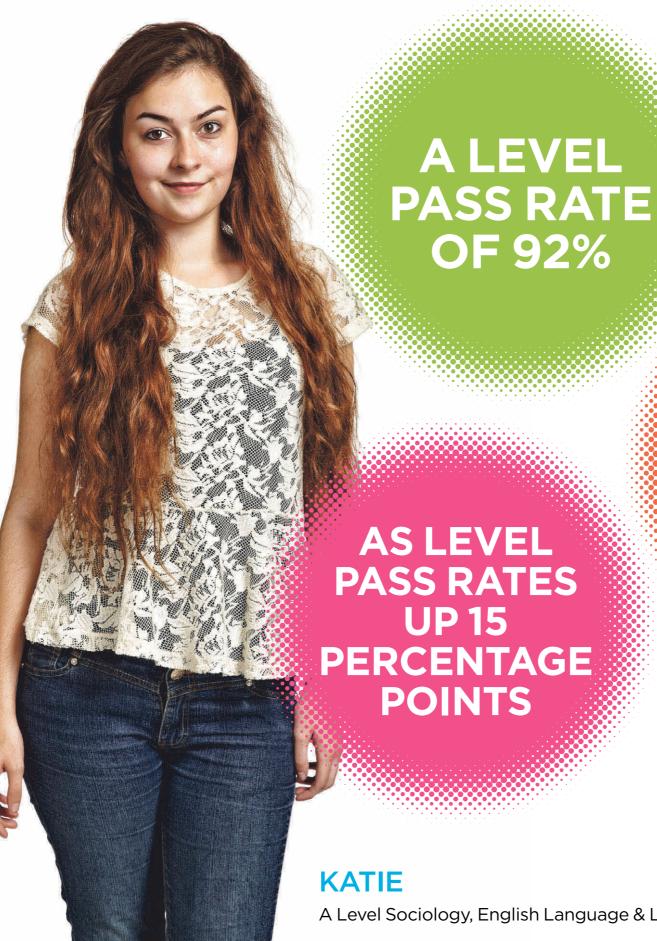


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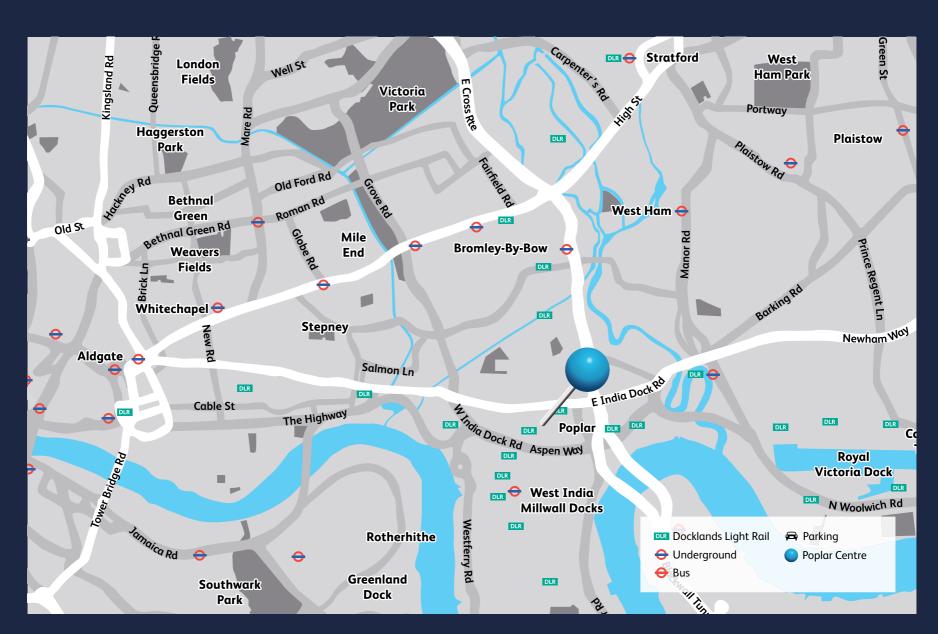
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